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*Berrylicious
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SUBSCRIBE TODAY!
Don't miss an issue of *Diabetic Living* (page 78).



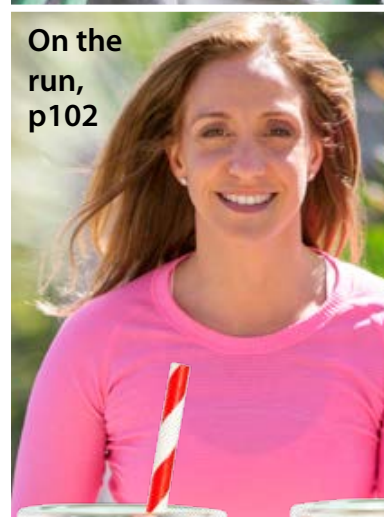
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WELCOME



Be inspired

The holiday season is upon us and with it comes lots of barbecues, parties, festive feasts and fun times with family and friends. Then a moment later it's New Year and the time – perhaps – to recommit to adopting some healthier habits.

I say 'perhaps' because you may have the self-discipline to stick to your eating and exercise regimen during the holidays, but I never can. Sure, I have every intention of rising early for a brisk walk along the beach. I aspire to refuse all offers of pavlova and plan to limit myself to two standard glasses of wine. But. I. Don't. It's the same every year.

If you're like me and need a little post-holiday diet and exercise inspiration, then this issue will serve you well. Check out our expert's review of four popular 'diets of the moment' (page 84), plus the chance to whip up delicious low-calorie dishes from *The 8-Week Blood Sugar Diet Recipe Book* (page 90). If you need to rekindle your love of exercise turn to page 98 and find out how to make friends with the gym, then don't miss all the answers to those common workout worries on page 104. There's lots in this issue to inspire you (and me!). So, enjoy the festive season and have a happy new year!

Toni

Toni Eatts, **Editor**



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LOOK OUT
for our next issue,
on sale 2 February

3 things to try in this issue



Icy treats

Whip up a tasty twist on a classic ice-cream sandwich. Plus, more scrumptious summer treats (page 16).

Which diet is right for you?

Going vego? Or keen to try the Med-style diet? Find out the pros and cons of these diets and more (page 84).



What diabetes taught us

Get motivated by these real-life stories of people living well with diabetes (page 112).

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

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WALK THE TALK

I am 67 years old and have type 2 diabetes. I've been keen on fitness since I was a boy but, unfortunately, due to an old injury, I now need the aid of a walking cane to get about. I would like to see more articles about exercising for those of us who are unable to enjoy the delights of 'going for a leisurely stroll'. General strengthening and muscle maintenance are important in regulating blood glucose so I've developed my own isometric and stretching exercises incorporating my cane, and I would like to read about other exercise alternatives like this.

John Coe, QLD

HOT STUFF

I've been buying your wonderful magazine since my husband was diagnosed with diabetes three years ago and we both find it very informative. We've noticed that many of your recipes use hot, spicy ingredients such as chilli, but my husband is unable to eat them. Can you help?

Carolyn O'Malley, WA

Editor's note: Hi Carolyn, we use garlic, herbs and spices to add flavour and also to replace the fat, sugar and salt in our recipes.

Chilli is always optional and the recipes will work just as well if you leave it out. Also, check our cook's tips at the end of some recipes as these often give suggestions for replacing a few of the ingredients.

STAYING ON TRACK

When I was diagnosed with type 2 two years ago it changed my life. I quit smoking, cut back on alcohol and started eating healthy meals. I lost 12kg and was able to come off my diabetes medication. Then I convinced myself I had beat diabetes and fell off the wagon. My next wake-up call came when I got back on the scales – I'd put on 11kg, plus I was smoking again. The one thing I didn't change, however, was buying your magazine. This week I've made the mini dill and paprika meatballs recipe, the Asian pork and noodle salad and the tikka chicken – yum! I've quit smoking again and I'm bringing exercise back into my daily routine. Thanks for being the inspiration to get back on the wagon.

Narelle Johnson, WA

HER KITCHEN RULES

I recently bought the *Diabetic Living Favourites Made Healthy* recipe collection. I've made nearly all the recipes in it – some several times – and my husband loved everything. It's great!

Kathy McClare, VIC



Like it

Join the conversation on Facebook...

You're worth it

When it comes to exercise, you need to realise you're worth the time it takes to care for yourself.

– Cathy M. Kraft

EYES WIDE SHUT

At the supermarket I stick to the outside aisles where the fresh produce, meats and dairy foods are. That way, I avoid the aisles with the cakes and biscuits.

– Michelle Barber

Twice as nice

I love my slow cooker because I can make enough for two – one serve goes in the freezer for those nights when I can't be bothered to cook.

– Isabelle Cove-van Eyk

POSITIVE THINKING

Be patient with yourself as you try to find what works best for you. I'm so thankful for the many positive lifestyle changes that have resulted from my diabetes diagnosis.

– Gale Whitehouse

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In conversation with...

Dr Janine Clarke

Clinical Psychologist, Mend Psychology and
The Sydney ACT Centre, Sydney, NSW

How can a psychologist help with my diabetes management?

Most people living with diabetes find it overwhelming from time to time. Stress or 'burn out' is common and can leave you feeling mentally exhausted as you grapple with difficult emotions. It can be helpful to talk with someone who is removed from your situation and who can provide an independent and fresh perspective on things. The empathic and non-judgemental approach of a psychologist can help you find ways to deal with stress, fluctuating moods and difficult thoughts to improve your emotional and physical health.

What should I do when I have difficult thoughts and feelings?

Our mind is often our toughest critic, passing judgement and evaluating how we are and what we do. It's helpful to notice when your mind is speaking to you in ways that are demotivating and disempowering. Ask yourself, 'How helpful is it for me to listen to this?' If it isn't helpful, then focus your attention on the stuff that matters.

How can I tell if I need to see a psychologist?

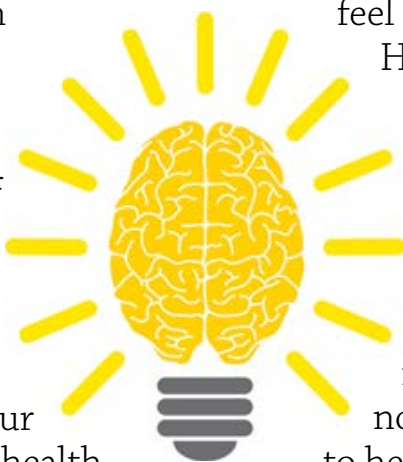
A moderate level of distress, which is short-lived, is not always a problem. Talking through concerns with someone supportive, making time each day to do things you enjoy, and engaging in activities that relax and soothe you, can make life feel more meaningful.

However, taking care of your emotional wellbeing also means knowing when to seek help. Signs that you might need more specialised support include: ● When nothing you do seems to help. ● When struggling with your problems is taking up all of your time and energy.

● When those close to you regularly seek assurance that you are okay. ● When you no longer enjoy things you previously enjoyed and things that once were easy now feel difficult to do.

Where can I find a psychologist?

Visit your GP, and depending on the issue, you may then be referred (under Medicare) to a psychologist. ■



OUR EXPERTS

Dr Kate Marsh

Dietitian and diabetes educator

Kate, who has type 1, is in private practice in Sydney. nnd.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. drsultanlinjawi.com

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA. outbackvision.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

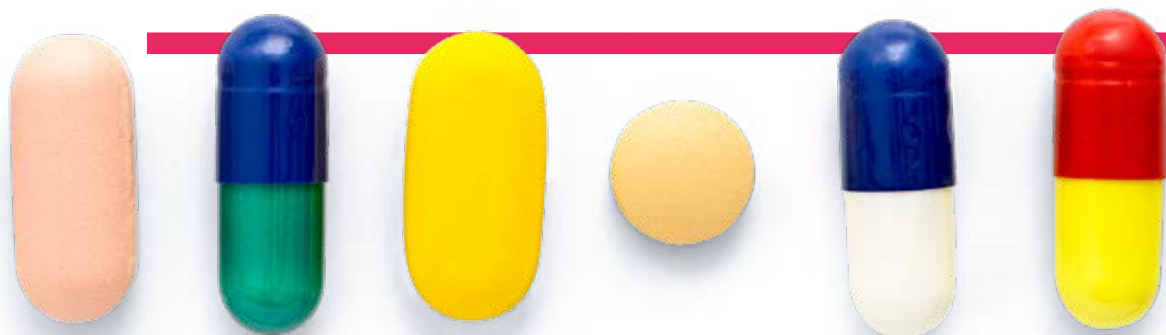
Danielle Veldhoen

Podiatrist

Danielle works at the Diabetes Centre at Royal Prince Alfred Hospital.

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Go team!

Are you getting the most from your support team? Besides fulfilling scripts, your pharmacist can explain how best to take a medicine, what side effects to look out for and how to store it correctly. He or she can also show you

how to download and use the NPS MedicineWise Diabetes Health Tracker (nps.org.au/diabetestracker) to keep on top of your health checks, and a special Sanofi Diabetes Care Program is available at diabetes-care.com.au

80%

THAT'S THE NUMBER OF MEN WHO RECALLED THE MAKE AND MODEL OF THEIR FIRST SET OF WHEELS, BUT ONLY 54 PER CENT COULD REMEMBER THE LAST TIME THEY HAD A HEALTH CHECK-UP.

NEW HOPE

More than 4400 diabetes-related amputations take place in Australia each year, but up to 85 per cent are preventable if detected and treated early.

Associate Professor Dr Ramon Varcoe, a leading Australian endovascular surgeon, is having results with a new technique known as endovascular vascularisation. This involves inflating collapsed arteries with tiny balloons, then inserting a stent to help keep them open. Surgery performed by Dr Varcoe's team at the Prince of Wales Hospital in NSW helped prevent 92 per cent of amputations in the patients they treated.

Ask DR LINJAWI



I am unable to get my regular medication due to a shortage. What should I do? What questions do I need to ask?

Dr Linjawi says: If your regular medication is unavailable, tell your pharmacist you're happy to have the generic brand instead. The formulation will be exactly the same and, in many cases, less expensive. If he or she is unable to offer you another brand you may need to ask your doctor.

If you have been using one brand of a medication and suddenly switch to using a new one, ask your pharmacist to label the new prescription with the brand name so you don't accidentally double up on taking the same medication.

There can be supply shortages of medications and, while this is not ideal, there are often alternative brands or formulations available. Get to know your medications by their drug name, which is always printed with the brand name on the packet or bottle. ➤

Dr Sultan Linjawi, endocrinologist
Read more from Dr Linjawi on Facebook
and at his website drsultanlinjawi.com

Email your questions to:
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Mining for magnesium

Studies suggest that getting plenty of magnesium may help reduce the risk of type 2 diabetes and lower fasting blood sugar in people with type 2 who are magnesium-deficient. Good sources include:

- nuts, nut butters and seeds
- legumes including lentils, chickpeas and dried or canned beans
- soy beans, tofu and tempeh
- green leafy vegetables including spinach and kale
- whole grains like quinoa, brown rice, buckwheat and oats.



Crackin' news

Up to six is the number of eggs people with diabetes can enjoy every week as part of a healthy, balanced diet, according to Heart Foundation guidelines. Eggs contain 11 essential vitamins and minerals, including vitamin B12, iron, zinc and Omega-3s for brain health.



Ask DR MARSH



I love my green juices and smoothies in the mornings but I'd like to know what the correct fruit-to-vegetable ratio might be for people with type 2 diabetes.

Dr Marsh says: That's a great question as juices and smoothies aren't always the healthy choice they might appear to be, particularly if you're watching your weight and blood glucose levels.

Juices, in particular, usually remove the fibre from fruit and vegetables, making them easy to over-consume. If your juices are mostly fruit they can be high in energy and carbohydrate. It's much better for you to eat the whole fruit.

Smoothies, however, can be a great way to get more fruit and vegetables into your diet. Blending fruit and veg – and sticking to one serve of fruit mixed with a variety of different vegies – is your best option. Try a spinach, carrot, celery, ginger and apple combination, or spinach, kale, orange and a sprig of fresh mint. Enjoy! ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialed diabetes educator

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Heal your brain

Lifting weights can improve brain function, according to University of Sydney researchers. A trial involving 100 people with cognitive problems found that those who worked to at least 80 per cent of their peak strength for about 30 to 45 minutes a day, at least twice a week, restored some of their cognition after six months. The study indicates that the stronger you get, the less likely you are to develop dementia.

STEP UP

Studies show that employees who regularly take the stairs rather than the lift show improvement in respiratory and cardiovascular health, weight loss, decreased blood pressure and waist size. Hit those stairs!

SWEAT IT!

We all know the benefits of exercise, especially if you have diabetes, but what you may not know is that regular exercise can reduce the symptoms of respiratory illnesses. In a study in the *British Journal of Sports Medicine*, people who did regular aerobic exercise were less likely to develop a cold. The least infected exercised a minimum of five days a week. Even if the exercisers did get sick, their symptoms were less severe than sedentary folks.



Ask CHRISTINE



Are there any exercises I can do while sitting at my desk all day?

Christine says: You can do these simple exercises in the office or at home while watching TV – just make sure your chair is stable and safe:

Pump it up: Do heel taps, side taps, knee lifts or march on the spot to get your blood pumping.

Easy arms: Bicep curls can be done while sitting down, and try touching your shoulders with your hands then reaching up or out to the sides. Repeat 15 times.

Stretch it out: When sitting and concentrating for long periods, your posture can slump and sag, creating stiffness, pain and headaches. Seated stretches are great to help realign your posture. Focus on neck, back, shoulders and legs. Here's how:

- Roll your shoulders backwards
- Pull your chin in as if giving yourself a double chin
- Put your hands on your hips and lean backwards
- Raise hands over your head, clasp together, then lean over to each side
- Turn around as if you're looking behind you then repeat on the other side. ➤

Christine Armarego,
accredited exercise physiologist

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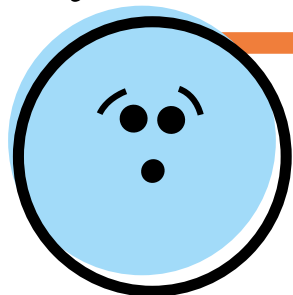


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Stress less

The daily tasks of managing diabetes can be stressful – especially for kids. Staying focused and positive isn't always easy, but being kind to yourself can help, says *DL* psychologist Dr Janine Clarke.

'Self-compassion is about acknowledging that you're human, that life at times is tough, and that human

beings don't always get it right,' explains Clarke. 'In times of stress, giving up the idea that we must be perfect makes it easier to take responsibility for our actions and our lives.'

So, next time you hear negative chatter in your head, try reframing the questions:

INSTEAD OF...

'Why did this happen to me?'

'Why did I eat that?'

'Why is this so difficult?'

'Why is diabetes so unfair?'

SAY...

'How can I learn from this?'

'What can I do differently tomorrow?'

'Who can I ask for help?'

'What's one thing that is going well with my diabetes?'

39,000

THE NUMBER OF PEOPLE AGED BETWEEN 10 AND 39 YEARS DIAGNOSED WITH TYPE 2 DIABETES *

Summer fun

When kids are out and about it's not always easy to find a tap to wash their hands before a blood glucose test. Solution? Diabete-ezy Test-wipes.

These handy little packs contain mini sanitised wipes for little fingers and information for teachers and carers on how to treat low or high blood glucose levels. Slip a starter pack into their bag before you leave the house.



Ask ELISSA



My nine-year-old son was diagnosed with type 1 in March. What can we do to help him feel as if he's not missing out on the Christmas treats he looks forward to at this time of year?

Elissa says: As a mum of four kids with type 1, I found that the best thing for my children was to make sure they felt normal. It took time, and a few appointments with the boys' endocrinologist, but we soon worked out a bolus, or 'insulin-to-carb rate'. I was then able to introduce a rule that my young boys understood and enjoyed. The rule was that they could eat whatever they wanted as long as they gave themselves an insulin injection. This meant that if they wanted an extra snack between meals or a special treat, they knew they would need an extra injection. Nine times out of 10 they were happy to have the injection in order to eat a yummy snack. This also gave the boys a sense of control over their own diabetes from a young age. ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com



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SANOFI 

FOOD *desserts*



Summer fruits
poached in pink
champagne
Fizz and fruit are
a cool combo in these
delightful little desserts.
see recipe, page 22 >>



gluten free

nutrition info

PER SERVE 566kJ,
protein 1.4g, total
fat 0.3g (sat. fat 0g),
carbs 24g, fibre 3g,
sodium 8mg
• Carb exchanges 1½
• GI estimate medium
• Gluten free

Sweetness of summer

Fresh and fruity. Creamy and crunchy. Take your pick from these delectable desserts, guaranteed to *melt in your mouth!*

Mango, cardamom and yoghurt fool
A hint of spice and all things nice make this fool taste just fabulous.
see recipe, page 22 >>

nutrition info

PER SERVE 457kJ, protein 5g, total fat 3.2g (sat. fat 0.9g), carbs 14g, fibre 1g, sodium 52mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option

How our food works for you
see page 71

Choc-malt pops
Easy to make and even easier
to eat! These tasty treats will be
the pop stars of your freezer.
see recipe, page 22 >>



nutrition info
PER SERVE 487kJ,
protein 5g, total fat
1.7g (sat. fat 1g),
carbs 20g, fibre 1g,
sodium 81mg
• Carb exchanges 1½
• GI estimate low

Summer entertaining will be a cinch
with these **HOMEMADE ICY TREATS**
and chilled after-dinner desserts



nutrition info

PER SERVE 799kJ,
protein 4g, total fat
4.5g (sat. fat 2.1g),
carbs 33g, fibre 2g,
sodium 91mg
• Carb exchanges 2¼
• GI estimate medium

**Choc-chip banana
cookie ice-cream
sandwiches**

Everyone's favourite
summer sandwich.
Cookies + ice-cream
= double delight!
see recipe, page 24 >>

Lemonade and fruit iceblocks

Ice ice berry! Full of fruit and bursting with flavour, these refreshing iceblocks will help keep you cool.

see recipe, page 24 >>

gluten free

nutrition info

PER SERVE 95kJ,
protein 0.4g, total fat
0.1g (sat. fat 0g),
carbs 4g, fibre 1.4g,
sodium 7mg

- Carb exchanges $\frac{1}{3}$
- GI estimate low
- Lower carb option
- Gluten free

For more great recipes visit
 diabeticliving.com.au

nutrition info

PER SERVE 537kJ,
protein 7.2g, total fat
1.9g (sat. fat 1.2g),
carbs 18g, fibre 4g,
sodium 98mg

- Carb exchanges 1¼
- GI estimate low
- Gluten-free option



**Mango and
passionfruit sherbet**
Two fragrant fruits create one
very tropical treat. Drizzle with
passionfruit pulp for extra punch.
see recipe, page 24 >>

FOOD *desserts*



Summer fruits poached in pink champagne

PREPARATION TIME: 10 MINS

(+ COOLING TIME)

COOKING TIME: 20 MINS

SERVES 6 (AS A DESSERT)

1 x 750ml bottle Yellowglen
Pink 65
250ml (1 cup) diet lemonade
40g (¼ cup) caster sugar
¼ cup mint leaves, torn
1 vanilla bean, split in half
lengthways
3 large peaches, halved
1 x 250g punnet strawberries,
hulled
6 x 40g scoops lemon sorbet
Mint leaves, to serve

1 Put sparkling wine, lemonade, sugar and mint in a large saucepan. Using a small sharp knife, scrape vanilla seeds into the pan. Add pod to the pan.

2 Bring mixture to a simmer over medium heat. Add peaches and cover with a round of baking paper. Reduce heat to medium-low and simmer for 20 minutes or until peaches are soft. Remove paper, then add strawberries to pan. Set aside for about 5 minutes.

3 Pour fruit and cooking liquid into a large heatproof dish. Set aside for 1 hour. Cover and refrigerate for 4 hours, or until well chilled.

4 Peel skin off peaches (if you like). Place 1 peach half and a few strawberries in each shallow serving bowl. Spoon over a little of the poaching liquid. Serve with a scoop of sorbet and mint leaves.

COOK'S TIP

You can replace the peaches with nectarines and the lemon sorbet with a mango or berry sorbet.



Mango, cardamom and yoghurt fool

PREPARATION TIME: 10 MINS

(+ 4 HOURS CHILLING TIME)

SERVES 4 (AS A DESSERT)

150g mango flesh
130g (½ cup) Vaalia
Low Fat French Vanilla Yoghurt
130g (½ cup) Pantalica Smooth
Light Ricotta
1½ Tbsp icing sugar or
gluten-free icing sugar, sifted
Pinch ground cardamom
1 Tbsp slivered almonds, toasted
(see Cook's tip, above right)

1 Place 100g of mango flesh in a small food processor. Cover and process until smooth.

2 Whisk yoghurt, ricotta, icing sugar and cardamom in a medium bowl. Add ¾ of mango puree and swirl through.

3 Divide mixture between small serving bowls. Swirl through remaining mango puree. Top with sliced mango and slivered almonds.

COOK'S TIP

To toast the almonds, place on a small baking tray and cook in an oven preheated to 170°C (fan-forced) for 7-8 minutes or until lightly toasted.



Choc-malt pops

PREPARATION TIME: 10 MINS

(+ OVERNIGHT FREEZING TIME)

SERVES 4 (AS A DESSERT)

2 Tbsp malt powder
2 Tbsp drinking chocolate
2 Tbsp boiling water
260g (1 cup) Vaalia Low Fat
French Vanilla Yoghurt
125ml (½ cup) low-fat milk

1 Put malt powder and drinking chocolate in a small heatproof mug. Add boiling water and stir until well combined and dissolved.

2 Whisk yoghurt and milk together. Add chocolate mixture to the yoghurt mixture and whisk well to combine.

3 Pour combined mixture evenly between 4 x 80ml (⅓ cup) iceblock moulds. Freeze overnight.

COOK'S TIP

The choc-malt pops will keep in the freezer for up to 2 months.

nutrition info

PER SERVE 681kJ, protein 6g, fat 5.2g (sat fat 3.8g), carbs 22g, fibre 2.4g, sodium 38mg • Carb exchanges 1½, estimated • GI estimate low



Creamy coconut quinoa with blueberries

PREPARATION TIME: 5 MINS

COOKING TIME: 20 MINS

SERVES 4 (AS A DESSERT)

50g (¼ cup) quinoa
375ml (1½ cups) low-fat milk
20g (¼ cup) desiccated coconut
1 Tbsp caster sugar
1 Tbsp currants
1 tsp vanilla extract
120g punnet blueberries

1 Combine quinoa, milk, coconut and sugar in a medium

saucepan. Bring to a simmer over medium heat. Reduce heat to medium-low and simmer, partially covered, for 20-25 minutes, adding currants for the last 5 minutes, or until quinoa is cooked and the mixture thickens.

2 Remove pan from the heat and stir in vanilla extract. Transfer to an airtight container and stir in blueberries. Refrigerate for 4 hours or until chilled. Serve. ➤

COOK'S TIP

No blueberries? Replace with any berry you like, and the currants with finely chopped sultanas, if you prefer.



FOOD *desserts*



Choc-chip banana cookie ice-cream sandwiches

PREPARATION TIME: 15 MINS

(+ 4 HOURS FREEZING TIME)

COOKING TIME: 15 MINS

SERVES 6 (AS AN OCCASIONAL DESSERT)

30g light margarine
2 Tbsp brown sugar
1 ripe banana, mashed until smooth
1 tsp vanilla extract
50g (⅓ cup) wholemeal self-raising flour
50g (⅓ cup) plain flour
30g (¼ cup) milk choc bits
6 x 40g scoops light vanilla ice-cream
Icing sugar, for dusting (optional)

1 Preheat oven to 170°C (fan-forced). Line 2 baking trays with baking paper. Put margarine and sugar in a medium bowl. Mix until well combined. Add banana and vanilla. Whisk to combine. Add the flours and mix until combined. Stir in choc bits.

2 To make cookies, drop 3 tsp of dough mixture onto the lined tray and use lightly floured hands to spread out to about a 7cm round. Repeat to make 12 cookies in total.

3 Bake cookies for 16-18 minutes or until light golden brown. Set aside on the trays for 10 minutes. Transfer to a wire rack to cool.

4 Line a tray with baking paper. Place 6 cookies on lined tray. Put 1 scoop ice-cream on each cookie, spreading out to cover cookie. Place remaining cookies on top of ice-cream, pressing down to make a sandwich.

Freeze for 15 minutes to allow ice-cream to firm up. Dust with icing sugar, if using, and serve.

COOK'S TIP

Once the ice-cream sandwiches have firmed up, wrap individually in freezer wrap and place in a large airtight container. They will keep for up to 1 month.



Lemonade and fruit iceblocks

PREPARATION TIME: 10 MINS

(+ OVERNIGHT FREEZING TIME)

SERVES 6 (AS A DESSERT)

125g small strawberries, hulled, halved
1 kiwifruit, skin removed, halved lengthways, sliced
1 x 120g punnet blueberries
250ml (1 cup) flattened diet lemonade

1 Divide strawberries, kiwifruit and blueberries between 6 x 80ml (⅓ cup) iceblock moulds.

2 Pour lemonade evenly over the fruit. Freeze overnight.

COOK'S TIPS

► The iceblocks will keep in the freezer for up to 2 months.

► Make a double batch so you have plenty on hand during the hot summer days.

► Choose your fave fruit combos – you can replace the strawberries with raspberries and the kiwifruit with half a mango, if you prefer.



Mango and passionfruit sherbet

PREPARATION TIME: 10 MINS

(+ OVERNIGHT FREEZING TIME)

SERVES 6 (AS A DESSERT)

200g mango flesh, pureed until smooth
3 Tbsp pure icing sugar or gluten-free icing sugar
520g (2 cups) low-fat Greek-style natural yoghurt
1 tsp vanilla extract
4 passionfruit, pulp removed
Extra passionfruit, to serve (optional)

1 Put mango puree, icing sugar, yoghurt and vanilla extract in a medium bowl. Whisk well to combine. Stir in passionfruit pulp.

2 Pour mixture into a small freezerproof container. Cover and freeze for 6 hours or until set.

3 Remove from freezer and set aside at room temperature for 30-45 minutes or until softens enough to break up and mix until smooth. Return to the freezer and freeze for 4 hours, or until frozen.

4 Remove sherbet from freezer 20 minutes before serving to soften slightly. Scoop into serving bowls and drizzle with extra passionfruit, if using. Serve. ■

COOK'S TIP

The sherbet will keep in the freezer for up to 2 months.

All I want for
CHRISTMAS IS...

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with brandy aioli

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nutrition info

PER SERVE 1978kJ,
protein 41g, total fat
15g (sat. fat 3.6g),
carbs 34g, fibre 14g,
sodium 771mg

- Carb exchanges 2½
- GI estimate low
- Gluten free

gluten free

Monday

Middle Eastern
savory mince

This colourful East-meets-
West mash-up will add
spice to your life.

see recipe, page 34 >>

FOOD mains



Tuesday

Roasted vegetable, salmon and spinach omelette
You'll flip out when you try this lean, green wrap.
see recipe, page 34 >>

nutrition info

Left: **PER SERVE** 1724kJ, protein 35g, total fat 16g (sat. fat 4.4g), carbs 30g, fibre 6g, sodium 674mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

Below: **PER SERVE** 1419kJ, protein 18g, total fat 14g (sat. fat 2g), carbs 31g, fibre 7g, sodium 208mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

How
our food
works
for you
see page 71

Leftovers

PANTRY

Pasta: To make a quick pasta salad to serve with chargrilled steak or chicken, toss cooked pasta with chopped tomato, cucumber, parsley, corn and a 97 per cent fat-free vinaigrette.

Pesto: Spread a little pesto over the base of a pizza or toss with pasta, chargrilled chicken, asparagus, corn and zucchini. Top with parmesan and serve with salad.

Walnuts: Toss a few into salad or make a chicken, celery, walnut and rocket salad.

Pine nuts: Use in pesto and salads.

No-added-salt crushed tomatoes: Use in pasta sauces.

Currants: Add to biscuits, slices and salads.

Wednesday

Asparagus, walnut and rocket pasta
Tofu gets star treatment in a dish with a twist.
see recipe, page 34 >>



Thursday

Roasted vegetable,
chicken and
bocconcini salad
Savour the flavours – and
colours – of Italy. Bellissimo!
see recipe, page 35 >>



nutrition info

PER SERVE 1778kJ,
protein 40g, total fat
11.3g (sat. fat 4.5g),
carbs 36g, fibre 7g,
sodium 681mg

- Carb exchanges 2½
- GI estimate low
- Gluten-free option

Friday

Pork and apple slaw sliders

A fresh way to enjoy this
classic combo. Yum!
see recipe, page 35 >>



nutrition info

Left: PER SERVE 1524kJ,
protein 30g, total fat 6.5g
(sat. fat 1.9g), carbs 42g,
fibre 8g, sodium 756mg
• Carb exchanges 2½
• GI estimate low
• Gluten-free option

Below: PER SERVE
1597kJ, protein 40g, total
fat 12.8g (sat. fat 2.6g),
carbs 20g, fibre 9g,
sodium 105mg
• Carb exchanges 1½
• GI estimate medium
• Gluten free

Leftovers

CHILLED

Tofu: Add to curries or marinate
and add to stir-fries.

Bocconcini: Use in salads and
sandwiches or on pizzas.

Bacon: Add to pasta sauces or grill
a piece and put on a roll with lettuce,
tomato, chargrilled chicken and
a dollop of tomato chutney.

Feta: Add to salads, sandwiches, pasta
or filo cheese and spinach triangles.

FRUIT AND VEGETABLES

Basil: Great with chunks of tomato,
thin slivers of red onion, torn
bocconcini and a drizzle of balsamic.

Oregano and thyme: Finely chop
and mix with garlic, olive oil, lemon
juice or balsamic for a marinade for
lamb, chicken or fish. Barbecue and
serve with salad and corn.

Parsley: Use leaves in salads or
on sandwiches in place of lettuce.

Saturday

Thyme and garlic pork cutlets

Juicy meat and crispy
potatoes – it's the roast
with the most!

see recipe, page 36 >>



nutrition info

PER SERVE 1584kJ,
protein 19g, total fat
13.7g (sat. fat 5.8g),
carbs 39g, fibre 11g,
sodium 432mg

- Carb exchanges 2½
- GI estimate medium

Sunday

Salami, basil and
bocconcini pizza
Rise to the occasion with
homemade dough.
see recipe, page 36 >>



Love nuts & seeds

They're heart-healthy, full of good fats and satisfying. DL dietitian Lisa Urquhart recommends snacking on nuts and seeds

Nuts and seeds are a nutrition powerhouse and a crunchy addition to salads, stir-fries, morning oats and low-fat yoghurt.

Loaded with healthy fats, they're a great choice for people with diabetes and may also be beneficial in preventing heart disease. In fact, replacing sources of saturated fats (such as animal fats) with unsaturated fats has been shown to lower cholesterol and significantly improve your risk of heart disease.

Good for BGLs

Nuts and seeds are low in carbs and contain very few sugars, meaning they're going to have a minimal effect on blood glucose levels (BGLs). Due to their high fat content they actually lower the glycaemic index of a meal that contains carbohydrates.

High in fibre

Nuts contain lots of fibre – between five to 10 per cent – which can help you feel fuller for longer and is great

for bowel health. They contain vitamins and minerals including potassium, which helps reduce blood pressure, as well as magnesium and fat-soluble vitamin E, an essential antioxidant which plays many roles in the body.

Portion control

Nuts and seeds are high in healthy fats. However, they are energy dense, so it's important to be aware of your portion sizes.

Choose unsalted varieties to avoid overdoing your daily salt intake.

Roasted nuts are full of flavour, but some can have added oils, so look for 'dry roasted' on the label.

A small handful of nuts or seeds – about 20-30g – is a great snack portion, particularly when you've got the afternoon munchies.

They're much better for you than crisps or biscuits!

Snack attack?
Grab a *HANDFUL*
of unsalted nuts!



Your shopping list

GROCERIES

- ☐ 500g pkt spiral pasta
- ☐ 195g jar Providore Series Pesto (Olives, Mixed Peppers and Sundried Tomato)
- ☐ 100g pkt walnuts
- ☐ 80g pkt pine nuts
- ☐ 400g can no-added-salt crushed tomatoes
- ☐ 300g pkt currants
- ☐ 2 x 120g cans four-bean mix
- ☐ 2 x 95g cans John West Tempters Salmon Springwater

FRUIT AND VEGETABLES

- ☐ 2 bunches asparagus
- ☐ 2 zucchini
- ☐ 1 brown onion
- ☐ 100g small green beans
- ☐ 50g snow peas
- ☐ 40g baby rocket leaves
- ☐ 150g baby spinach leaves
- ☐ 1 bunch watercress
- ☐ 2 lemons
- ☐ 1 small red apple
- ☐ 1 small carrot
- ☐ 3 red capsicum
- ☐ ½ bunch celery
- ☐ 250g baby coliban potatoes
- ☐ 1 bunch radishes
- ☐ 2 large tomatoes
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch oregano
- ☐ 1 bunch thyme
- ☐ 1 bunch basil

MEAT AND POULTRY

- ☐ 200g skinless chicken breast fillet
- ☐ 150g lean pork fillet
- ☐ 2 pork loin cutlets
- ☐ 200g extra-lean beef mince

CHILLED

- ☐ 250g pkt firm tofu
- ☐ 180g tub bocconcini
- ☐ 100g pkt Don Reduced Fat Mild Hungarian Salami
- ☐ 125g pkt Weight Watchers 98% Fat Free Bacon
- ☐ 200g pkt reduced-fat feta

BAKERY

- ☐ 2 x 80g wholemeal rolls
- ☐ 4 x 50g sourdough rolls

PANTRY

- ☐ Olive oil cooking spray
- ☐ Extra virgin olive oil
- ☐ Olive oil
- ☐ Freshly ground black pepper
- ☐ Parmesan
- ☐ Smoked paprika
- ☐ Ground cumin
- ☐ Ground coriander
- ☐ Salt-reduced lemon pepper seasoning
- ☐ Balsamic vinegar
- ☐ White balsamic vinegar
- ☐ Wholemeal plain flour
- ☐ Dried yeast
- ☐ Low-fat mayonnaise
- ☐ Wholegrain mustard
- ☐ 4 cloves garlic
- ☐ Reduced-fat grated cheese
- ☐ Massel Salt Reduced Chicken Style Stock Cube
- ☐ 3 x 60g eggs



Middle Eastern savoury mince

PREPARATION TIME: 10 MINS

COOKING TIME: 30 MINS

SERVES 2 (AS A MAIN)

1 tsp olive oil
 ½ brown onion, finely chopped
 200g extra-lean beef mince
 1 large clove garlic, crushed
 1 tsp ground cumin
 1 tsp ground coriander
 1 tsp smoked paprika
 ½ Massel Salt Reduced
 Chicken Style Stock Cube
 250ml (1 cup) boiling water
 2 large tomatoes, chopped
 1 large red capsicum, chopped
 2 Tbsp currants
 2 x 120g cans four-bean mix,
 rinsed and drained
 Zest of ½ lemon
 50g baby spinach leaves
 20g reduced-fat feta, crumbled
 1 Tbsp chopped flat-leaf parsley
 1 Tbsp pine nuts, toasted
 (see Cook's tip)

1 Heat oil in a medium non-stick frying pan over a medium heat. Add onion. Cook, stirring often, for 4-5 minutes or until onion starts to soften. Increase heat to high. Add mince and garlic. Cook, stirring, for 2-3 minutes or until mince is browned. Add cumin, coriander and paprika. Cook, stirring, for 1 minute.

2 Put stock cube and boiling water in a heatproof jug and stir to combine. Add tomato, capsicum, currants and stock to pan. Cover and bring to a simmer. Reduce heat to low and cook, covered, for 10 minutes.

3 Add beans and lemon zest. Cook, uncovered, for 10 minutes. Stir in spinach. Top with feta, parsley and pine nuts to serve.

COOK'S TIP

To toast the pine nuts, cook in a small non-stick frying pan over a medium heat, stirring often, for 3-4 minutes or until lightly toasted.



Roasted vegetable, salmon and spinach omelette

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

½ brown onion, cut into thin wedges
 ½ red capsicum, chopped
 ½ bunch asparagus, woody ends trimmed, diagonally sliced
 1 clove garlic, crushed
 1 Tbsp oregano leaves
 2 tsp thyme leaves
 1 tsp extra virgin olive oil
 3 x 60g eggs
 2 Tbsp water
 Freshly ground black pepper, to season
 Olive oil cooking spray
 2 x 95g cans John West Tempters Salmon Springwater, drained
 25g (1 cup) baby spinach leaves
 20g reduced-fat feta, crumbled
 2 x 50g sourdough rolls or gluten-free rolls, to serve

1 Preheat oven to 230°C (fan-forced). Line a small roasting pan with baking paper. Combine onion, capsicum, asparagus, garlic, oregano, thyme and oil in a medium bowl. Arrange

vegetables in a single layer in prepared pan. Roast for 15 minutes or until tender. Set aside.

2 Whisk eggs, water and pepper in a jug. Spray 2 small non-stick frying pans with cooking spray and heat on a medium heat. Pour egg mixture evenly between both pans. Cook for 2-3 minutes or until egg is almost set. Top half of each with roast vegetables, salmon, spinach and feta. Flip unfilled side of omelette over onto filling.

3 Slide omelettes onto serving plates. Serve with rolls.

COOK'S TIP

Try replacing the salmon with tuna, the spinach with rocket and the feta with 80g low-fat ricotta.



Asparagus, walnut and rocket pasta

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

80g dried spiral pasta or gluten-free pasta
 Olive oil cooking spray
 1 bunch asparagus, woody ends trimmed
 125g firm tofu, patted dry with paper towel, sliced lengthways
 40g (2 cups) baby rocket
 Zest and juice of ½ lemon
 2 Tbsp Providore Series Pesto (Olives, Mixed Peppers and Sundried Tomato)
 10g walnuts, toasted, roughly chopped (see Cook's tip)
 5g shaved parmesan, to serve
 Freshly ground black pepper, to serve

1 Cook pasta in a saucepan of boiling water according to pack instructions or until al dente. Drain well. Return to pan.

2 Meanwhile, preheat a chargrill pan on high. Spray asparagus and tofu with cooking spray. Add to chargrill. Cook, turning once, for 3-4 minutes or until asparagus is tender and tofu is lightly browned. Cut tofu into cubes. Diagonally slice asparagus.

3 Add rocket, lemon zest and juice, and pesto to pasta. Toss to combine until rocket starts to wilt. Toss in asparagus and tofu. Divide between shallow serving bowls. Top with walnuts and parmesan. Sprinkle with pepper to serve.

COOK'S TIP

To toast the walnuts, spread over a small oven tray and bake in an oven preheated to 170°C (fan-forced) for 6-8 minutes.



Roasted vegetable, chicken and bocconcini salad

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

Olive oil cooking spray

200g skinless chicken breast fillet, trimmed of fat

2 zucchini, thinly sliced lengthways

Freshly ground black pepper, to season

1 red capsicum, halved, seeds removed, flattened

2 pieces Weight Watchers 98% Fat Free Bacon

1 cup basil leaves

50g baby bocconcini, torn

1 Tbsp Providore Series Pesto (Olives, Mixed Peppers and Sundried Tomato)

1 Tbsp white balsamic vinegar

2 x 50g sourdough rolls or gluten-free rolls, to serve

1 Preheat a barbecue grill or chargrill on medium-high. Spray chicken and zucchini with cooking spray. Season chicken with pepper. Add chicken and capsicum to grill. Cook for 4 minutes on each side or until cooked. Add zucchini. Cook for 1-2 minutes on each side or until tender. Add bacon. Cook for 2 minutes on each side or until cooked.

2 Diagonally slice chicken across the grain. Cut capsicum and bacon into thin strips. Combine chicken, capsicum, bacon, zucchini, basil and bocconcini in a large bowl.

3 Whisk pesto and vinegar together in a small bowl. Pour over salad. Serve with rolls.

COOK'S TIP

You can replace the bacon with 20g thinly sliced prosciutto and the basil with parsley or rocket.



Pork and apple slaw sliders

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A MAIN)

Olive oil cooking spray
150g lean pork fillet, trimmed of fat

Pinch smoked paprika

1 tsp salt-reduced lemon pepper seasoning

½ small red apple, quartered, core removed, cut into thin, short sticks

1 small carrot, coarsely grated

½ stick celery, thinly diagonally sliced

2 Tbsp roughly chopped flat-leaf parsley

1 Tbsp low-fat mayonnaise or gluten-free mayonnaise

2 tsp freshly squeezed lemon juice

½ tsp wholegrain mustard or gluten-free mustard

2 x 80g wholemeal rolls or gluten-free rolls, split

2 Tbsp reduced-fat grated cheese

Freshly ground black pepper, to serve

1 Preheat oven to 180°C (fan-forced). Line a small ovenproof dish with baking paper. Spray pork with cooking spray. Sprinkle with paprika and lemon pepper seasoning. Heat a medium non-stick frying pan over a medium-high heat. Add pork and cook, turning occasionally, for 2-3 minutes or until browned. Transfer to prepared dish. Roast for 7-10 minutes or until pork is just cooked. Transfer to a plate, cover loosely with foil and set aside.

2 Combine apple, carrot, celery, parsley, mayonnaise, lemon juice and mustard in a medium bowl. Mix until well combined.

3 Divide the apple slaw between roll bases. Sprinkle over cheese. Thinly slice pork across the grain. Add pork to rolls, sprinkle with pepper, top with roll tops and serve. ➤

FOOD mains



Thyme and garlic pork cutlets

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

2 pork loin cutlets,
trimmed of all visible fat
Zest and juice of ½ lemon
1 Tbsp finely chopped oregano
2 tsp finely chopped thyme
2 cloves garlic, crushed
3 tsp extra virgin olive oil
250g baby coliban potatoes,
thinly sliced into rounds
60ml (¼ cup) water
Olive oil cooking spray
100g small green beans, trimmed,
blanched, diagonally sliced
(see Cook's tip)
50g (2 cups) baby spinach leaves
3 tsp balsamic vinegar
3 tsp freshly squeezed lemon juice,
extra, for dressing

1 Put pork in a shallow dish. Add lemon zest and juice, oregano, thyme, garlic and 2 tsp of oil. Toss to combine. Set aside for 10 minutes to marinate.

2 Preheat oven to 230°C (fan-forced). Line a medium ovenproof dish with baking paper. Put potato in a large, shallow microwave-safe dish. Add water. Cover and microwave on high/100% for 4-5 minutes or until just tender. Drain well and transfer to prepared dish. Spray

with cooking spray. Bake for 10 minutes. Reduce oven to 180°C (fan-forced).

3 Heat a medium non-stick frying pan over a medium-high heat. Add pork and cook for 1-2 minutes on each side or until just browned. Put pork on top of potato. Roast for 5 minutes or until pork is just cooked and potato is crispy.

4 Combine beans and spinach in a bowl. Divide between serving plates. Whisk vinegar, lemon juice and remaining oil together in a bowl. Drizzle over salad. Top salad with pork. Serve with potato.

COOK'S TIP

To blanch beans, drop them into a small saucepan of boiling water. Cook for 1 minute or until bright green. Rinse under cold water.



Salami, basil and bocconcini pizza

PREPARATION TIME: 10 MINS

PLUS 15 MINS STANDING

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

100g (⅔ cup) wholemeal plain flour
1 tsp dried yeast
¼ tsp olive oil
5 Tbsp lukewarm water
Olive oil cooking spray
60ml (¼ cup) crushed
no-added-salt tomatoes

30g Don Reduced Fat Mild
Hungarian Salami, cut into
thin strips

½ red capsicum, cut into pieces
½ bunch asparagus, woody ends
trimmed, diagonally sliced
50g baby bocconcini, sliced
½ cup small basil leaves

Salad

50g snow peas, trimmed,
diagonally sliced
1 cup watercress or baby
spinach leaves
3 radishes, thinly sliced
Squeeze fresh lemon juice

1 Combine flour and yeast in a medium bowl. Add oil and water. Mix until well combined. Turn out onto a lightly floured surface and knead until smooth. Transfer to a lightly oiled bowl. Cover with plastic wrap. Set aside for 15 minutes.

2 Preheat oven to 210°C (fan-forced). Spray a 27cm (base measurement) round pizza tray with cooking spray. Roll out dough to line base of prepared tray. Spread tomato over dough. Top with salami, capsicum and asparagus. Bake for 12 minutes. Arrange cheese over top. Bake for 5 minutes. Top pizza with basil leaves.

3 To make salad, combine snow peas, watercress, radish and lemon juice in a medium bowl. Serve salad with pizza.

COOK'S TIP

You can replace the bocconcini with grated reduced-fat mozzarella and the radishes with 1 small cucumber. ■

Give traditional roasts and takeaway treats
a new *TWIST* for easy weekend feasting

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Teriyaki and
ginger salmon
Tasty fish to fill your tum
and feed your brain.
see recipe, page 42 >>

How
our food
works
for you
see page 71

**nutrition
info**

PER SERVE 1976kJ,
protein 33g, total fat
17g (sat. fat 3.4g),
carbs 41g, fibre 8g,
sodium 461mg
• Carb exchanges 2⅔
• GI estimate low
• Gluten-free option

Cooking for one

Treat yourself to a hearty meal every night
with our nutritious, ***quick and easy*** dinners

nutrition info

PER SERVE 2069kJ,
protein 37g, total fat
15.6g (sat. fat 4g),
carbs 47g, fibre 8g,
sodium 660mg

- Carb exchanges 3
- GI estimate low
- Gluten-free option



Caramelised onion
and beef burger
Everyone loves a burger
– with a herby hit of basil
and onion that is sweet as!
see recipe, page 42 >>

nutrition info

PER SERVE 1981kJ,
protein 39g, total fat
17.2g (sat. fat 3.2g),
carbs 36g, fibre 7g,
sodium 696mg

- Carb exchanges 2½
- GI estimate medium
- Gluten-free option

**Chicken satay with
noodle salad**

Use your noodle and
pick up our satay sticks.
see recipe, page 43 >>



nutrition info

PER SERVE 1736kJ,
protein 20g, total fat 16g
(sat. fat 4.6g), carbs 41g,
fibre 10g, sodium 318mg
• Carb exchanges 2½
• GI estimate medium
• Gluten-free option

**Zucchini, corn
and dill fritters**

Delish for dinner
tonight and lovely
for lunch tomorrow.
see recipe, page 43 >>

*These
tasty
meals*
are simple
and sure to
SATISFY!



Teriyaki and ginger salmon

PREPARATION TIME: 10 MINS
PLUS 15 MINS MARINATING
COOKING TIME: 15 MINS
SERVES 1 (AS A MAIN)

1 Tbsp teriyaki sauce or
gluten-free teriyaki sauce
2cm piece ginger, peeled,
finely grated
2 cloves garlic, crushed
Freshly squeezed juice of ½ lime
120g piece skinless and
boneless salmon
2 Tbsp SunRice Doongara
Clever Low GI White Rice
Cooking spray
½ Lebanese cucumber, halved
lengthways, thinly sliced
50g snow peas, trimmed,
shredded
½ red capsicum, cut into short,
thin strips
Lime wedges, to serve (optional)

1 Put teriyaki sauce, ginger, garlic and lime juice in a shallow dish and stir to combine. Add salmon and turn to coat. Set aside for 15 minutes or more to marinate.

2 Meanwhile, cook rice in a small saucepan of boiling water following pack instructions or until tender. Drain well. Set aside.

3 While rice is cooking, spray a small non-stick frying pan with cooking spray and heat over a medium-high heat. Drain salmon and add to pan. Cook for 3 minutes on each side or until just cooked through. Set aside.

4 Put cucumber, snow peas and capsicum in a small bowl and toss to combine. Transfer to a serving plate and add rice and salmon. Serve with lime wedges, if using.



Caramelised onion and beef burger

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 1 (AS A MAIN)

½ tsp olive oil
1 small brown onion, halved,
very thinly sliced
100g extra-lean beef mince
½ slice (15g) low-GI or gluten-free
white bread, processed
into crumbs
1 egg yolk (from 60g egg)
¼ tsp lemon pepper seasoning
Cooking spray
1 tsp brown sugar
1 tsp balsamic vinegar
70g wholemeal grain roll
or gluten-free roll, split
3 slices ripe tomato
¼ cup basil leaves
1 tsp F. Whitlock & Sons
Tomato Chutney

1 Heat oil in a small non-stick frying pan over a medium heat. Add onion and reduce heat to medium-low. Cook, stirring often, for 10 minutes or until very soft.

2 Meanwhile, combine mince, breadcrumbs, egg yolk and seasoning in a small bowl. Shape mixture into a patty. Preheat a chargrill pan on

medium-high. Spray patty with cooking spray. Add to pan and cook for 2½ minutes on each side or until cooked through.

3 Add sugar and vinegar to onion. Increase heat to medium-high and cook, stirring often, for 2-3 minutes or until onion is golden and sticky.

4 Put roll base on a serving plate. Top with tomato, basil, patty, onion mixture and chutney. Add roll top and serve.



Chicken satay with noodle salad

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 1 (AS A MAIN)

1 Tbsp no-added-salt peanut butter
2 tsp salt-reduced soy sauce or gluten-free soy sauce
2 tsp sweet chilli sauce or gluten-free sweet chilli sauce
1 Tbsp freshly squeezed lime juice
½ square (30g) dried, long-life, 99%-fat-free instant noodles or gluten-free noodles
½ stick celery, finely chopped
½ carrot, finely chopped
⅓ cup coriander leaves
3 chicken tenderloins, trimmed of fat, sinew removed
Cooking spray

1 Put peanut butter, soy sauce, sweet chilli sauce and lime juice in a small bowl. Whisk to combine and set aside.

2 Cook noodles in a small saucepan of boiling water for 2 minutes or until tender. Drain well. Transfer to a medium bowl.

3 Add celery, carrot and coriander to noodles. Add 1 Tbsp of peanut mixture. Toss to combine. Set aside.

4 Preheat a chargrill plate on medium-high. Thread 1 tenderloin onto 1 small bamboo skewer (see Cook's tips). Repeat with remaining chicken to make 3 skewers. Spray with cooking spray. Add to chargrill and cook for 2 minutes on each side or until cooked through.

5 Transfer noodle salad to a serving plate. Top with chicken skewers and drizzle over remaining peanut mixture.

COOK'S TIPS

- Soak the bamboo skewers in cold water for 30 minutes before using to prevent burning.
- You can replace the chicken with 125g lean rump steak strips, and use parsley instead of coriander.



Zucchini, corn and dill fritters

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

MAKES 6 (SERVES 1 AS A MAIN WITH LEFTOVERS FOR 1)

1 zucchini, coarsely grated, excess moisture squeezed out
1 corncob, husk and silk removed, kernels cut off
½ brown onion, coarsely grated
45g (⅓ cup) frozen peas

2 Tbsp chopped dill

100g Pantalica Smooth

Light Ricotta Cheese

60g egg, lightly whisked

Freshly ground black pepper, to season

3 Tbsp wholemeal self-raising flour or gluten-free flour

2 Tbsp finely grated parmesan

3 tsp extra virgin olive oil

2 tsp extra-light sour cream, to serve

Salad leaves, to serve

30g sourdough roll or gluten-free roll, to serve

Dill sprig, to serve (optional)

1 Put zucchini, corn, onion, peas and dill in a medium bowl. Stir well. Add ricotta, egg, pepper, flour and parmesan. Mix until well combined.

2 Heat half the oil in a large non-stick frying pan over a medium-high heat. Add 3 x ¼ cupfuls of mixture to pan. Press down a little. Reduce heat to medium. Cook for 2-3 minutes or until golden brown underneath. Turn over and cook for a further 1-2 minutes or until cooked through. Transfer to a large plate, cover loosely with foil and set aside to keep warm.

3 Heat remaining oil and cook remaining mixture as above, making 6 fritters in total. Transfer 3 fritters to a serving plate, reserving remaining fritters for another meal (see Cook's tip). Top fritters with 2 tsp sour cream. Serve with salad leaves, roll and dill sprig, if using.

COOK'S TIP

Store remaining fritters in the fridge for up to 2 days. Or wrap individually in plastic wrap, place in a resealable freezer bag and freeze for up to 3 months. ■

IN SEASON

Chocolate, raspberry
and walnut brownies
The whole family will go nuts
over this berrylicious brownie.
see recipe, page 50 >>

How
our food
works
for you
see page 71

nutrition info

PER SERVE 396kJ, protein 2g, total fat 3.7g
(sat. fat 0.8g), carbs 12g, fibre 2g,
sodium 72mg • Carb exchanges $\frac{3}{4}$
• GI estimate medium

IN SEASON

Berry bliss

Bursting with **fruity flavour** these easy-as recipes will sweeten your day

Triple berry jellies
Oh-so quick to make, these
bright and beautiful jellies
are a glass act!
see recipe, page 50 >>

gluten free

nutrition info

PER SERVE 420kJ,
protein 2g, total fat
0.3g (sat. fat 0g),
carbs 17g, fibre 8g,
sodium 20mg.
• Carb exchanges 1
• GI estimate low
• Gluten free

PER SERVE (with liqueur)
484kJ, protein 2g,
total fat 0.4g (sat. fat 0g),
carbs 18g, fibre 8g,
sodium 20mg
• Carb exchanges 1¼
• GI estimate low
• Gluten free



*Left: Summer
berry puddings*
Pretty little puds
bursting with berry
goodness.
see recipe, page 50 >>

nutrition info
PER SERVE 790kJ,
protein 5g, total fat 0.9g
(sat. fat 0.1g), **carbs 35g,**
fibre 9g, sodium 124mg
• Carb exchanges 2½
• GI estimate low



*Right: Strawberry and
chia coconut puddings*
This nutritious number
makes a scrumptious snack
at any time of the day.
see recipe, page 51 >>

nutrition info
PER SERVE 540kJ, **protein 4.3g,**
total fat 6.5g (sat. fat 3.2g),
carbs 11g, fibre 5g, sodium 5mg
• Carb exchanges ⅔
• GI estimate low • Lower carb
option • Gluten free



gluten free

**Lemon, blueberry
and ricotta loaf**
Great as a lunch box filler,
this tasty treat can be
served warm or cold.
see recipe, page 51 >>

nutrition info

PER SERVE 631kJ,
protein 4g, total fat
2.8g (sat. fat 0.8g),
carbs 27g, fibre 2g,
sodium 127mg
• Carb exchanges 1¾
• GI estimate medium



Blueberries

Available All year round, peaking November to January.

Picking Look for firm, plump berries, not soft or wrinkly ones.

Eating Wash and serve at room temperature.

To store Remove from punnet and put, unwashed, in a single layer on a plate lined with a paper towel. Cover loosely with plastic wrap and keep in the fridge for up to five days.

Health benefits Long touted as the key to longevity by Native Americans, blueberries are high in antioxidants, particularly proanthocyanin and vitamin C, which help protect the body against free-radical damage. Blueberries are also low in sugar – you'd have to eat a whole punnet (125g) for 1 carb exchange (15g).

nutrition info Per 100g: 218kJ, protein 1g, total fat 0g (sat. fat 0g), carbs 11g, fibre 2g, sodium 0mg • Carb exchanges $\frac{2}{3}$ • GI estimate low

Strawberries

Available All year round, peaking November to February.

Picking Choose strawberries that have a bright red, consistent colour and secure green caps. Strawberries do not ripen further once picked, so avoid pale, dull or tinged fruit.

Eating Wash and serve at room temperature.

To store Remove from punnet and put, unwashed, in a single layer on a plate lined with a paper towel. Cover loosely with plastic wrap and keep in the fridge for up to three days.

Health benefits Strawberries contain the lowest sugar level of all berries, meaning they're a great low-carb snack to keep blood glucose levels in check. Around 400g of fresh strawberries provide 1 carb exchange (15g). They are also high in vitamin C, which boosts immunity.

nutrition info Per 100g: 108kJ, **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 4g, **fibre** 3g, **sodium** 3mg • **Carb exchanges** ⅓ • **GI estimate** low

Raspberries

Available September to April, peaking November to February.

Picking Look for plump, brightly coloured raspberries with no mould or damage. Avoid ones that are too tightly packed.

Eating Wash and serve at room temperature.

To store Remove from punnet and put, unwashed, in a single layer on a plate lined with a paper towel. Cover loosely with plastic wrap and keep in the fridge. Use as soon as possible as they are highly perishable.

Health benefits Raspberries, like all berries, are high in antioxidants, but these are particularly high in ellagic acid, which may help prevent cancer. They also contain magnesium, which is important for muscle and nerve function, and high levels of fibre, which is important for healthy bowel function and for controlling blood glucose levels. Around 200g of fresh raspberries provides 1 carb exchange (15g).

nutrition info Per 100g: 203kJ, **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 7g, **fibre** 6g, **sodium** 1mg • **Carb exchanges** ½ • **GI estimate** low

Blackberries

Available November to April, peaking November to January.

Picking Choose dark-coloured plump fruit with no mould or damage. Avoid ones that are too tightly packed.

Eating Wash and serve at room temperature.

To store Remove from punnet and put, unwashed, in a single layer on a plate lined with a paper towel. Cover loosely with plastic wrap and keep in the fridge. Use as soon as possible.

Health benefits Blackberries are high in vitamin E, which is important for immunity and skin health. They're also high in fibre, which is important for healthy bowel function and for controlling blood glucose levels. Around 200g of blackberries is equivalent to 1 carb exchange (15g).

nutrition info Per 100g: 211kJ, **protein** 1g, **total fat** 0.3g (sat. fat 0g), **carbs** 8g, **fibre** 6g, **sodium** 0mg • **Carb exchanges** ½ • **GI estimate** low ➤



IN SEASON



Chocolate, raspberry and walnut brownies

PREPARATION TIME: 15 MINS

COOKING TIME: 25 MINS

MAKES 18 PIECES (1 PIECE

PER SERVE AS A SNACK)

Cooking spray

2 x 125g punnet raspberries

50g (½ cup) cocoa powder, sifted

80g (½ cup, lightly packed) dark brown sugar

55g (⅓ cup) wholemeal self-raising flour

50g (⅓ cup) self-raising flour

2 Tbsp plain flour

80g light margarine, melted

2 x 60g eggs, lightly whisked

1 ripe banana, mashed until smooth

30g walnut pieces, roughly chopped

Icing sugar or cocoa powder, for dusting, to serve

1 Preheat oven to 160°C (fan-forced). Spray a 16cm x 26cm (base measurement) lamington tin with cooking spray. Line with baking paper, allowing paper to overhang sides.

2 Put 1 punnet raspberries in a bowl and mash with a fork until smooth. Put cocoa, sugar and flours in a large bowl, mixing to

combine. Add margarine, eggs, banana and mashed raspberries, whisking until smooth.

3 Spoon batter into prepared tin. Spread out using back of spoon until smooth. Push remaining raspberries and walnuts into top of batter. Bake for 25 minutes or until a skewer inserted in centre comes out clean. Cool brownies in tin for 10 minutes. Transfer to a wire rack to cool completely.

4 Cut brownies into 18 pieces and serve dusted with icing sugar or cocoa powder.



Triple berry jellies

PREPARATION TIME: 10 MINS PLUS

4 HOURS SETTING

SERVES 4 (AS A DESSERT)

125g punnet blueberries

125g punnet raspberries

125g punnet blackberries

4 strawberries, cut into thin wedges

9g sachet raspberry diet jelly crystals

250ml (1 cup) boiling water

250ml (1 cup) cold water

2 Tbsp strawberry liqueur (optional)

500g extra berries, to serve

Mint leaves, to serve (optional)

1 Divide berries evenly between 4 x 185ml (¾-cup) capacity glasses.

2 Put jelly crystals in a heatproof jug. Pour over boiling water, stirring until jelly crystals dissolve. Stir in cold water and strawberry liqueur, if using.

3 Pour jelly evenly over berries. Put glasses on a tray and refrigerate for 4 hours or until set.

4 Serve topped with extra berries and mint leaves, if using.

COOK'S TIP

If you prefer, you can set the jellies in ramekins or jelly moulds. To serve, quickly run moulds under hot water to release sides, then turn jellies out onto serving plates.



Summer berry puddings

PREPARATION TIME: 30 MINS

PLUS 1 HOUR COOLING AND OVERNIGHT CHILLING

COOKING TIME: 10 MINS

SERVES 4 (AS AN OCCASIONAL DESSERT)

250g punnet strawberries, sliced

125g punnet blueberries

125g punnet raspberries

125g punnet blackberries

2 Tbsp caster sugar

¼ tsp ground cinnamon

80ml (⅓ cup) water

8 slices (120g) low-GI white bread, crusts removed

250g mixed berries, to serve

1 Line 4 x 160ml (⅔-cup capacity) ramekins or moulds with plastic wrap, allowing plastic to overhang sides.

2 Put strawberries, blueberries, raspberries, blackberries, sugar, cinnamon and water in a medium

saucepan over a low heat. Cook, stirring occasionally, for 5 minutes or until sugar dissolves and berries start releasing their juices. Transfer to a large bowl and set aside for 1 hour to cool. Strain mixture through a fine sieve, reserving 60ml (¼-cup) of juice.

3 Put bread slices on a clean surface and, using a rolling pin, roll out each slice until very thin. Brush bread slices with a little of the reserved juice. Using 2 slices per mould, trim bread lining to fit moulds, leaving enough to cover tops.

4 Divide berry mixture and a few Tbsp of juice between the prepared moulds. Cover tops with bread, pushing down firmly to enclose. Cover each mould with overhanging plastic wrap. Put on a tray and refrigerate overnight.

5 Unwrap plastic lining and use to lift puddings out of moulds. Turn each pudding out onto individual serving plates. Carefully remove plastic lining. Serve drizzled with reserved berry juice and top with mixed berries.



Strawberry and chia coconut puddings

PREPARATION TIME: 10 MINS
PLUS OVERNIGHT CHILLING
SERVES 6 (AS A SNACK)

60g (½ cup) chia seeds
250ml (1 cup) light coconut milk
260g (1 cup) low-fat vanilla yoghurt
1 Tbsp icing sugar or gluten-free icing sugar, sifted
1 tsp vanilla bean paste
250g punnet strawberries, finely chopped
6 small strawberries, sliced, to serve

1 Put chia seeds, coconut milk, yoghurt, icing sugar, vanilla bean paste and strawberries in an airtight container, stir well to combine. Cover with lid and refrigerate overnight.

2 Divide mixture evenly between 6 small serving dishes. Serve topped with sliced strawberries.



Lemon, blueberry and ricotta loaf

PREPARATION TIME: 20 MINS
COOKING TIME: 45 MINS
SERVES 12 (AS A SNACK)

Cooking spray
125g Pantalica Light Smooth Ricotta
50g light margarine, melted
2 x 60g eggs, lightly whisked
Zest and juice of 1 lemon
1 tsp vanilla extract
160g (⅔ cup) caster sugar
160g (1 cup) wholemeal self-raising flour
50g (⅓ cup) plain flour
125g punnet blueberries

1 Preheat oven to 170°C (fan-forced). Spray a 5.5cm deep 9cm x 19cm (base measurement) loaf tin with cooking spray. Line tin with baking paper, allowing paper to overhang sides.

2 Put ricotta, margarine, eggs, lemon zest and juice, vanilla extract and sugar in a large bowl and whisk to combine. Put flours in a small bowl and toss in blueberries. Add flour mixture to ricotta mixture, stirring to combine.

3 Spoon mixture into prepared pan and smooth down surface. Bake for 45 minutes or until golden and a skewer inserted into the centre comes out clean. Set aside in pan for 10 minutes. Turn loaf out onto a wire rack and slice into 12 pieces. Serve warm or cold. ■

Bright, bold and beautiful,
berries in all their varieties are
full of *NUTRITIONAL* benefits

Easy breakfasts

Whether it's an indulgent breakfast in bed or a relaxed **Sunday brunch** for friends, these ideas are sure to please

Melon bowl fruit salad SERVES 1

Carefully scoop the flesh out of half a **rockmelon**. Chop the flesh and place in a medium bowl. Add 125g small **strawberries**, hulled and quartered, 1 small **apple**, quartered, deseeded and chopped and the pulp of 2 **passionfruit** to the rockmelon. Toss to combine. Spoon the fruit mixture back into the rockmelon half. Top with 2 tsp **pepitas**. Serve with 2 Tbsp **low-fat Greek-style natural yoghurt**.

nutrition info PER SERVE 1027kJ, protein 8g, total fat 4.5g (sat. fat 1.1g), carbs 35g, fibre 14g, sodium 71mg
• Carb exchanges 2½ • GI estimate low • Gluten free

gluten free

How
our food
works
for you
see page 71

French toast with banana, walnuts and honey SERVES 2

Cut 2 (2 x 30g) pieces of **low-GI white bread** in half diagonally. Dip in a mixture of 1x 60g **egg**, whisked, 1 tsp **cinnamon sugar** and 2 Tbsp **skim milk**. Heat 2 tsp **light margarine** in a large non-stick frying pan over medium heat. Add the bread and cook for 2 minutes each side or until golden brown. Place 2 pieces of bread on each serving plate. Divide 3 Tbsp **Pantalica Smooth Light Ricotta**, 1 small sliced **banana** and 20g roughly chopped **walnuts**. Drizzle a little **honey** over each.

nutrition info PER SERVE 1180kJ, protein 11g, total fat 12.5g (sat. fat 2.1g), carbs 31g, fibre 3g, sodium 238mg • Carb exchanges 2 • GI estimate low



Peach, lychee and coconut bircher muesli

SERVES 2

Combine 50g (½ cup) **rolled oats**, 2 Tbsp **shredded coconut**, 1 small **apple**, coarsely grated, 170g tub **Chobani 0.5% Plain Yogurt**, 80ml (⅓ cup) **skim milk** and 1 tsp **honey** in a medium bowl. Cover and put in the fridge for 4 hours, or overnight to soak. Divide muesli between serving bowls. Top with 1 sliced **ripe peach** and 3 **lychees**, peeled and quartered. Drizzle with another tsp **honey**.

nutrition info PER SERVE 1282kJ, protein 12g, total fat 7.5g (sat. fat 4.7g), carbs 44g, fibre 7g, sodium 64mg
• Carb exchanges 3 • GI estimate low ■

Mexican-style scrambled eggs **SERVES 1**

Heat ½ tsp **light margarine** in a small non-stick frying pan over medium heat. Add 1 small crushed **garlic clove**, ½ tsp finely chopped **fresh chilli** and 1 Tbsp finely chopped **coriander roots**. Cook, stirring, for 1 minute. Add 2 x 60g **eggs** whisked with 2 Tbsp **skim milk**. Cook, stirring often, for 2-3 minutes or until the egg is just set. Place 2 x 30g pieces toasted **sourdough bread** on a serving plate. Spoon the egg mixture over the bread. Combine 1 small chopped **tomato**, 1 Tbsp chopped **coriander leaves** and a squeeze of **lime**. Spoon over the egg mixture.

nutrition info PER SERVE 1406kJ, protein 22g, total fat 10.9g (sat. fat 2.7g), carbs 34g, fibre 5g, sodium 482mg
• Carb exchanges 2⅓
• GI estimate low



**nutrition
info**

PER SERVE 2132kJ,
protein 39g, total fat
14.5g (sat. fat 5.1g),
carbs 50g, fibre 10g,
sodium 515mg

- Carb exchanges 3½
- GI estimate low
- Gluten-free option

Tuna pasta bake

Put a green spin on a classic with
asparagus, green beans and parsley.
see recipe, page 58 >>



lower carb

nutrition info

PER SERVE 1731kJ,
protein 34g, total fat
17.5g (sat. fat 5.3g),
carbs 26g, fibre 7g,
sodium 549mg

- Carb exchanges 1 $\frac{2}{3}$
- GI estimate low
- Gluten-free option

Corn, tuna and
pumpkin frittatas
These protein-packed lovelies
are perfect for picnics!
see recipe, page 60 >>

5 WAYS WITH *tuna*

When it comes to whipping up a quick and healthy meal, a can of tuna in springwater is your ***trusty pantry staple*** – a little goes a long way!

nutrition info

PER SERVE 1992kJ,
protein 35g, total fat
15.4g (sat. fat 5g),
carbs 45g, fibre 7g,
sodium 342mg
• Carb exchanges 3
• GI estimate low
• Gluten-free option

Leek, mushroom and
thyme fish cakes
These hot little numbers
are deliciously filling.
see recipe, page 60 >>

Your *salad days* are just beginning
with this best-dressed healthy dish!



nutrition info

PER SERVE 1083kJ,
protein 20g, total fat
14.6g (sat. fat 3.4g),
carbs 9g, fibre 5g,
sodium 397mg

- Carb exchanges $\frac{2}{3}$
- GI estimate low
- Lower carb option
- Gluten-free option

Tuna, avocado, cos,
radish and bean salad

Match tuna with crispy cos
and sharp radish for a
scrumptious summer salad.

see recipe, page 61 >>

nutrition info

PER SERVE 1281kJ, protein 13g,
total fat 8g (sat. fat 1.9g), carbs
43g, fibre 3g, sodium 545mg
• Carb exchanges 3 • GI estimate
medium • Gluten-free option



Avocado and tuna
sushi sandwiches
Roll with this innovative
way of serving sushi.
see recipe below



Tuna pasta bake

PREPARATION TIME: 15 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

60g dried small shell pasta
or gluten-free pasta

Olive oil cooking spray

2 Tbsp light margarine

1 small brown onion,
finely chopped

1 red capsicum, chopped

2 Tbsp wholemeal plain flour
or gluten-free flour

250ml (1 cup) skim milk

1 bunch asparagus, woody ends
trimmed, chopped

100g green beans, trimmed,
chopped

185g can tuna in springwater,
drained, flaked

35g (1/3 cup) 50% reduced-fat
grated cheese

1 Tbsp chopped flat-leaf parsley

30g wholemeal grain roll,
processed until crumbs, or
gluten-free breadcrumbs

1 Cook pasta in a medium
saucepan of boiling water for
10 minutes or until al dente.
Drain well and set aside.

2 Preheat oven to 190°C
(fan-forced). Spray a 1.25L
(5-cup capacity) ovenproof dish
with cooking oil spray. Heat
margarine in a small non-stick
saucepan over a medium heat.
Add onion and capsicum and
cook, stirring, for 5 minutes or
until onion softens.

3 Add flour to pan and cook,
stirring, for 2 minutes. Remove
pan from heat and whisk in milk.
Return pan to medium heat ➤

Avocado and tuna sushi sandwiches

PREPARATION TIME: 15 MINS PLUS
35 MINS COOLING

COOKING TIME: 20 MINS

SERVES 4 (AS A LIGHT MEAL)

170g (3/4 cup) sushi rice

310ml (1 1/4 cups) water

185g can tuna in springwater,
drained, flaked

2 Tbsp 98% fat-free mayonnaise
or gluten-free mayonnaise

1 Tbsp freshly squeezed
lemon juice

60ml (1/4 cup) rice vinegar

1 Tbsp caster sugar

2 sheets nori (seaweed)

1 small avocado, thinly sliced

2 Tbsp salt-reduced soy sauce or
gluten-free soy sauce, to serve

4 cups Asian salad mix, to serve

1 Put rice in a fine sieve and rinse
under cold running water until
water runs clear. Put rice and
water in a small saucepan and

bring to a simmer over a medium
heat. Reduce heat to low and cook,
covered, for 12 minutes or until
water is nearly absorbed. Set aside,
covered, for 5 minutes.

2 Meanwhile, put tuna, mayo
and lemon juice in a small bowl,
mixing well to combine.

3 Transfer rice to a shallow dish.
Whisk rice vinegar and sugar in a
small jug. Using a fork, carefully stir
sweetened vinegar through rice.
Set aside for 20 minutes to cool.

4 Lay 1 sheet of nori, shiny side
up, on a piece of baking paper.
Spread half the rice on top. Top
rice with tuna mixture, followed
by avocado slices. Top with
remaining rice, spreading out
evenly over filling. Sandwich with
remaining nori sheet. Top with
another piece of baking paper,
then press down with a baking
tray. Set aside for 10 minutes.

5 Cut sushi into 8 even rectangles.
Serve with soy sauce and Asian
salad mix on the side.

Good for you

One of the leanest animal proteins available, canned tuna in springwater is an excellent choice for people who are watching their weight because protein has been shown to help us feel fuller for longer.

Tuna is high in essential omega-3 fatty acids, a type of polyunsaturated fat the body cannot do without. Omega-3s are made up of EPA and DHA, which are important for metabolism, brain development and heart health.



The National Heart Foundation recommends 250–500mg of EPA and DHA a day. A 95g can of tuna provides around 150mg of EPA and DHA, which equals around half your recommended daily requirements. Tuna in springwater does not contain any added sugar, meaning it is very low in carbohydrate – great if you're looking for a low-carb snack or meal.



Be aware that some companies add extra salt to their canned tuna products. This could be a problem for people trying to manage their blood pressure, so look for brands that list the sodium content as less than 250mg/100g.



NUTRITION INFO

Per 100g tuna in springwater: 518kJ, protein 25g, total fat 2.6g (sat. fat 1g), carbs 0g, fibre 0g, sodium 240mg • Carb exchanges n/a
• GI estimate n/a



and cook, stirring, for a further 1 minute or until sauce thickens. Reduce heat to low and simmer for 1 minute.

4 Add pasta, asparagus, beans, tuna and half the cheese to the pan, stirring until well combined. Transfer to an ovenproof serving dish. Combine remaining cheese, parsley and breadcrumbs in a small bowl, then sprinkle over pasta. Bake for 15 minutes or until topping is light golden. Serve.



Corn, tuna and pumpkin frittatas

PREPARATION TIME: 15 MINS,
PLUS 15 MINS COOLING
COOKING TIME: 40 MINS
SERVES 3 (AS A MAIN)

400g peeled, deseeded pumpkin,
chopped
1 red onion, cut into thin wedges
3 tsp extra virgin olive oil
200g yellow and red cherry
tomatoes

Olive oil cooking spray
170g (1 cup) fresh corn kernels
185g can tuna in springwater,
drained, broken into chunks
 $\frac{1}{3}$ cup flat-leaf parsley leaves,
roughly chopped
4 x 60g eggs
185ml ($\frac{3}{4}$ cup) skim milk
Freshly ground black pepper,
to season
80g low-fat feta, crumbled
2 tsp balsamic vinegar
Mixed salad leaves, to serve

1 Preheat oven to 210°C (fan-forced). Line 2 small roasting trays with a sheet of baking paper. Put pumpkin and onion on one of the prepared trays. Add 2 tsp oil, tossing vegetables to coat well. Put tomatoes in second prepared tray and coat with cooking spray. Put both trays in oven. Roast pumpkin for 20 minutes or until tender, and roast tomatoes for 10 minutes or until skins start to burst. Set both trays aside for 15 minutes to cool slightly. Reduce oven to 180°C (fan-forced).

2 Line a 6 hole 1-cup capacity Texas muffin pan with paper cases. Put roasted vegetables, corn, tuna and parsley in a large bowl, tossing to combine. Divide mixture evenly among muffin cases. Whisk eggs, milk and pepper in a jug. Pour egg mixture

evenly over vegetables, then sprinkle over crumbled feta.

3 Roast frittatas for 20 minutes or until set and light golden. Cool slightly before carefully removing paper cases from muffin pan. Top with roasted tomatoes. Whisk remaining oil and balsamic vinegar in a small jug and drizzle over mixed salad leaves. Serve frittatas with salad on the side.

COOK'S TIP

The Multix Café Collection Muffin Wraps are great to use for this recipe to prevent the frittatas from sticking to the pans.



Leek, mushroom and thyme fish cakes

PREPARATION TIME: 15 MINS
COOKING TIME: 30 MINS
SERVES 2 (AS A MAIN)

85g ($\frac{1}{3}$ cup) Doongara rice
2 tsp extra virgin olive oil
1 leek, washed, thinly sliced
1 garlic clove, crushed
100g button mushrooms,
thinly sliced

3 sprigs thyme, leaves picked
185g can tuna in springwater,
drained, flaked
30g reduced-fat vintage
cheddar, grated
2 x 60g eggs, whisked
2 Tbsp wholemeal plain flour
or gluten-free flour
Freshly ground black pepper,
to season
Lemon wedges, to serve
Picked watercress leaves, to serve

1 Cook rice in a saucepan of boiling water for 15 minutes or until soft and just breaking down.
2 Meanwhile, heat ½ tsp oil in a medium non-stick frying pan over a medium heat. Add leek, garlic, mushrooms and thyme and cook, stirring occasionally, for 10 minutes or until leeks are very soft. Transfer to a large bowl. Add cooked rice then, using a fork, mash up slightly. Set aside to cool for 10 minutes.
3 Add tuna, cheddar, eggs and flour to rice mixture. Season with pepper. Using wet hands, divide mixture into 6 patties.

4 Heat half the remaining oil in a large non-stick frying pan over a medium heat. Add 3 patties and cook for 3 minutes each side or until cooked through and crispy. Repeat with remaining oil and patties. Transfer to a plate and cover loosely with foil to keep warm. Serve fish cakes with lemon wedges and salad leaves.



Tuna, avocado, cos, radish and bean salad

PREPARATION TIME: 15 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A LIGHT MEAL)

100g green beans, trimmed,
diagonally sliced
½ baby cos lettuce, washed, torn
4 radishes, trimmed, cut into
thin wedges

1 x 185g can tuna in springwater,
drained, flaked

1 small avocado, thinly sliced

Dressing

2 Tbsp 98% fat-free mayonnaise
or gluten-free mayonnaise

1 Tbsp freshly squeezed lemon juice

1 tsp wholegrain mustard or
gluten-free mustard

Freshly ground black pepper,
to season

1 Bring a small saucepan of water to the boil. Add beans and cook for 1 minute. Drain and rinse under cold water. Pat dry with paper towel.

2 Put beans, lettuce and radishes in a medium bowl, tossing to combine. Add tuna and avocado, tossing to combine. Divide salad among shallow serving bowls.

3 Whisk all dressing ingredients in a bowl. Serve salad drizzled with dressing.

COOK'S TIP

You can use a Lebanese cucumber or half a capsicum instead of the radishes, if you prefer. ■



Toast *masters*

When it comes to the crunch, a ***delicious appetiser*** is only minutes away. Take your pick from our five tempting toppings!

START
HERE

Garlic toast

SERVES 4 (AS A STARTER,
3 SLICES PER SERVE)

Olive oil cooking spray
12 x 1cm-thick slices
sourdough baguette
1 clove garlic, peeled,
halved

Preheat a grill. Spray both sides of baguette with cooking spray. Add to grill, in batches if necessary, and toast until golden. When toast is cool enough to handle, rub both sides with garlic. Top with your choice of topping (check out the delish recipes here) and serve.

Chargrilled eggplant and avocado

Spray 2 small **slender eggplants**, thinly sliced lengthways, with **cooking spray**. Add to a chargrill and cook for 2 minutes on each side or until tender. Cool slightly. Toss with 2 Tbsp chopped **mint leaves**, 2 tsp **red wine vinegar**, 1 tsp **extra virgin olive oil** and freshly ground **black pepper**. Set aside. Spread 12 slices **garlic toast** with $\frac{1}{4}$ small **avocado**, mashed and mixed with a squeeze of **lime juice**. Top with eggplant mixture. Serve.

nutrition info PER SERVE 600kJ, protein 5g, total fat 5g (sat. fat 0.8g), carbs 18g, fibre 5g, sodium 151mg • Carb exchanges $1\frac{1}{4}$ • GI estimate low

Beetroot and parmesan

Combine 40g **goat's cheese** with $\frac{1}{4}$ tsp finely grated **lemon zest**, 1 tsp freshly squeezed **lemon juice** and freshly ground **black pepper**. Spread over 12 slices **garlic toast** and top with a handful of **baby spinach leaves**. Thinly slice 2 cooked, peeled small **beets**. Arrange over spinach. Sprinkle with 5g **parmesan** shavings. Serve.

nutrition info PER SERVE 516kJ, protein 6g, total fat 3.6g (sat. fat 1.8g), carbs 15g, fibre 2g, sodium 201mg • Carb exchanges 1 • GI estimate low

How
our food
works
for you
see page 71

Prawn cocktail

Top 12 slices **garlic toast** with 1 cup (lightly packed) finely shredded **iceberg lettuce**. Arrange 100g peeled, deveined small **cooked prawns**, halved lengthways, over lettuce. Combine 2 tsp **low-fat mayonnaise** with ¼ tsp finely grated **lime zest**, 1 tsp **salt-reduced tomato sauce**, a squeeze of **lime juice**, a dash of **Tabasco** and freshly ground **black pepper**. Drizzle over prawns and sprinkle with chopped **dill**. Serve.

nutrition info PER SERVE 449kJ, protein 8g, total fat 1.4g (sat. fat 0.2g), carbs 15g, fibre 1g, sodium 271mg • Carb exchanges 1 • GI estimate low

Tomato, basil and bocconcini

Top 12 slices **garlic toast** with 12 sliced **cherry tomatoes**, 4 drained and sliced **baby bocconcini** and a few small **basil leaves**. Drizzle with a little **balsamic glaze**. Serve.

nutrition info

PER SERVE 471kJ, protein 5g, total fat 3.2g (sat. fat 1.5g), carbs 15g, fibre 2g, sodium 183mg • Carb exchanges 1 • GI estimate low

Blue cheese, rocket, prosciutto and pear

Top 12 slices **garlic toast** with a handful of **baby rocket leaves**. Top with ½ large **pear**, cored and thinly sliced, 30g thinly sliced **prosciutto**, cut into small pieces, and 20g **blue cheese**, crumbled. Sprinkle with freshly ground **black pepper**. Serve.

nutrition info PER SERVE 569kJ, protein 7g, total fat 4.1g (sat. fat 1.7g), carbs 16g, fibre 2g, sodium 325mg • Carb exchanges 1 • GI estimate low ■

Let's celebrate

Gather friends and family together for a meal of *Aussie favourites!*

nutrition info

PER SERVE 710kJ,
protein 21g, total fat
9g (sat. fat 2.9g),
carbs 1g, fibre 1g,
sodium 136mg

• Carb exchanges 0

• GI estimate low

• Gluten free

Marinated
barbecued lamb
Fire up the barbie
and let the aroma of
luscious lamb tickle
those celebratory senses.
see recipe, page 68 >>

gluten free

lower carb

Seafood salad
Every Aussie Day
spread needs a
sensational salad.
see recipe, page 68 >>

FOOD *australia day*



How
our food
works
for you
see page 71

**nutrition
info**

PER SERVE 381kJ,
protein 14g, total fat
1.4g (sat. fat 0.2g),
carbs 4g, fibre 2g,
sodium 305mg
• Carb exchanges $\frac{1}{3}$
• GI estimate low
• Gluten-free option

nutrition info

PER SERVE 487kJ,
protein 4g, total fat
4.9g (sat. fat 0.7g),
carbs 11g, fibre 5g,
sodium 16mg

- Carb exchanges $\frac{2}{3}$
- GI estimate low
- Gluten-free option

Pesto vegetable skewers

Homemade pesto adds
va-va-voom to these
barbecued beauts!

see recipe,
page 70 >>

lower carb

nutrition info

PER SERVE: 203kJ,
protein 0.4g, total fat
0.1g (sat. fat 0g),
carbs 10g, fibre 2g,
sodium 35mg

- Carb exchanges $\frac{2}{3}$
- GI estimate medium
- Gluten free

**Strawberry
limeade**

Zesty and sweet, this
delicious drink is perfect
for summer celebrations.

see recipe, page 70 >>

gluten free

FULL MENU nutrition info

PER SERVE: 2431kJ,
protein 45g, total fat
17g (sat. fat 4.8g),
carbs 56g, fibre 12g,
sodium 551mg

- Carb exchanges 3⅔
- GI estimate low



Marinated barbecued lamb

PREPARATION TIME: 15 MINS
(+ OVERNIGHT MARINATING TIME)

COOKING TIME: 50 MINS

SERVES 8 (AS PART OF A MAIN)

1 kg boned and butterflied leg of
lamb, all excess fat removed
1 Tbsp extra virgin olive oil
2 tsp smoked paprika
2 tsp sumac
Zest of 1 lemon
Juice of ½ lemon
⅓ cup dill leaves, finely chopped
½ cup flat-leaf parsley leaves,
finely chopped
2 sprigs rosemary, finely chopped
2 garlic cloves, crushed

1 Put lamb, oil, paprika, sumac, lemon zest, lemon juice, dill, parsley, rosemary and garlic in a large shallow dish. Turn to coat, rubbing the mixture all over the lamb. Cover and refrigerate overnight to marinate.

2 Preheat a barbecue to 170°C (if cooking lamb in the oven, preheat to 150°C fan-forced). Heat a heatproof and barbecue-safe roasting pan until hot. Add lamb and brown for 2-3 minutes, turning occasionally, or until well browned. Cover with foil and cook in a barbecue with lid down (or in an oven) for 45 minutes.

3 Transfer lamb to a dish and cover with foil. Set aside for 10 minutes to rest. Diagonally slice lamb across the grain and place on a serving platter.



Seafood salad

PREPARATION TIME: 15 MINS

COOKING TIME: 10 MINS

SERVES 8 (AS PART OF A MAIN)

1 tsp olive oil
600g green prawns, peeled and
deveined, halved lengthways
12 scallops (roe intact),
cleaned, halved
40g baby rocket leaves
1½ cups picked watercress
1 head baby fennel, very thinly
sliced, fronds reserved
2 Lebanese cucumbers,
peeled into ribbons
⅓ cup dill leaves
150g cooked crab meat

Dressing

2 Tbsp 97% fat-free mayonnaise
or gluten-free mayonnaise
Juice of ½ orange
1 Tbsp white balsamic vinegar
1 Tbsp finely chopped dill
Freshly ground black pepper

1 Heat half the oil in a large non-stick frying pan over high heat. Add prawns and cook for 2-3 minutes, turning occasionally, or until just cooked. Transfer to a plate. Reheat pan over a high heat and add scallops. Cook, turning once, for 2 minutes or until scallops are just cooked through. Transfer to the plate and set aside to cool.

2 Meanwhile, whisk all dressing ingredients in a small bowl.

3 Toss rocket, watercress, fennel, cucumber and dill in a large bowl. Add prawns, scallops and crab meat to the salad. Toss to combine. Transfer to a shallow serving dish. Drizzle dressing over salad and serve.

nutrition info

PER SERVE 643kJ,
protein 5g, total fat
1.5g (sat. fat 1g),
carbs 29g, fibre 2.2g,
sodium 59mg
• Carb exchanges 2
• GI estimate medium

Quick and
easy pav
You'll be proud of
this peachy pav!
*see recipe,
page 70 >>*



Pesto vegetable skewers

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 8 (AS PART OF A MAIN)

2 capsicum, cut into chunks
2 large zucchini, cut into chunks
2 corncobs, cut into small chunks
2 large red onions, cut into thin wedges
Olive oil cooking spray
2 Tbsp pesto or gluten-free pesto
Juice of ½ orange

- 1 Soak** 16 wooden skewers in cold water for 30 minutes. Drain well.
- 2 Divide vegetables** evenly between the 16 skewers.
- 3 Preheat a barbecue plate** on medium-high. Spray vegetable skewers with cooking spray. Add to the barbecue and reduce heat to medium. Cook for 8-10 minutes, turning occasionally, until vegetables are tender.
- 4 Meanwhile**, combine pesto and orange juice in a small bowl.
- 5 Transfer skewers** to a serving platter and brush with pesto mix.



Strawberry limeade

PREPARATION TIME: 10 MINS
(+ COOLING TIME)
COOKING TIME: 10 MINS
SERVES 8 (AS A DRINK)

1 x 250g punnet strawberries, hulled, halved
125ml (½ cup) freshly squeezed lime juice
60g (¼ cup) caster sugar
3 Tbsp Equal
60ml (¼ cup) water
1 vanilla bean, split in half lengthways
1.25L bottle chilled soda water
1 lime, halved, thinly sliced
8 small strawberries, hulled, thinly sliced into rounds

- 1 Put strawberry halves**, lime juice, sugar, Equal and water in a small saucepan. Using a small, sharp knife, scrape seeds out of vanilla bean into the pan. Add bean to the pan. Bring mixture to a simmer over a medium heat. Simmer for 5 minutes. Set aside to cool. Remove vanilla bean.
- 2 Place strawberry mixture** in a small food processor and blend until smooth. Push through a sieve into a small container. Cover and refrigerate until ready to use.
- 3 Pour chilled strawberry syrup** into a large jug. Gradually stir in soda water, letting the fizz settle before adding more. Stir in lime and strawberry slices. Serve.



Quick and easy pav

PREPARATION TIME: 15 MINS
(+ 20 MINS COOLING TIME)
COOKING TIME: 10 MINS
SERVES 8 (WITH LEFTOVERS FOR 2 AS AN OCCASIONAL DESSERT)

Cooking spray
5 eggwhites (from 60g eggs), at room temperature
220g (1 cup) caster sugar
2 tsp cornflour or gluten-free cornflour
1 tsp white vinegar
Icing sugar, for dusting
1½ tubs (225g) Vanilla Bean Frûche
150g low-fat fresh ricotta
2 small peaches, thinly sliced
1 x 125g punnet raspberries
4 passionfruit, pulp removed

- 1 Preheat oven** to 160°C (fan-forced). Spray a 24 x 30cm (base measurement) swiss roll pan with cooking spray. Line pan with baking paper, allowing it to overhang the sides.
- 2 Using an electric mixer**, whisk eggwhites until soft peaks form. Add sugar 1 Tbsp at a time, whisking well between each addition until sugar dissolves. Add cornflour and vinegar. Use a large spatula to mix until combined.
- 3 Spoon meringue** into the pan and spread out evenly. Bake for 10 minutes or until meringue is light golden brown on top. Set aside for 20 minutes to cool.
- 4 Place a piece of baking paper** dusted with icing sugar on a large board. Place board on top of the pan and carefully turn out onto the paper. Remove baking paper from meringue base. Place a large rectangular serving platter on top of meringue and turn back onto the platter.
- 5 Whisk frûche** and ricotta in a bowl. Spread mixture over the top of meringue. Top with peach slices, raspberries and passionfruit. Serve. ■

Food that works for you

Every recipe in *Diabetic Living* has been carefully created to help you enjoy a *healthy, balanced* diet



If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements,

as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low, medium or high GI, or gluten free. Easy!

Alison Roberts, Food Editor
(far left), **Lisa Urquhart, Dietitian**

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, 'as an occasional dish', it should only be eaten as a treat, such as once a fortnight.

Brand names

We sometimes use brand names so it's easy for you to find nutritionally suitable foods at the shops.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Middle Eastern
savoury mince
see recipe,
page 34 >>



nutrition info

PER SERVE 1978kJ, protein 41g, total fat 15g (sat. fat 3.6g), carbs 34g, fibre 14g, sodium 771mg • Carb exchanges 2½
• GI estimate low • Gluten free

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Make counting your carbs easier: one carb exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

PHOTOGRAPHY BEN DEARNLEY (FOOD)

CUT OUT & KEEP



YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* Kilojoules 8700kJ Protein 50g Total fat 70g Saturated fat 24g Carbs 310g Fibre 30g Sodium 2.3g

To lose weight* Kilojoules 6000kJ Protein 50g Total fat 40-50g Saturated fat 15g Carbs 180g Fibre 30g Sodium less than 1.6g

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.



MY NEW... *Choc spread*

Chocoholics rejoice! Now you can enjoy a **chocolate hazelnut spread** that's nutritious (and just a little indulgent). Here's how

This homemade chocolate spread is a great way to satisfy sweet cravings without the guilt. It contains healthy fats from almond or sunflower oil, hazelnuts and seeds and no nasty palm oil, which is used in commercial varieties, meaning it's 80 per cent lower in saturated fat. Most of the sweetness comes from dates, with a touch of sugar, so it's 60 per cent lower in carbs than the leading chocolate spread, with double the fibre content.

Choc hazelnut spread

PREPARATION TIME: 10 MINS

PLUS 15 MINS STANDING TIME

COOKING TIME: 10 MINS

MAKES 2 CUPS (3 TSP PER SERVE)

150g hazelnuts
2 Tbsp sunflower seeds
2 Tbsp pepitas
1½ Tbsp almond or sunflower oil
35g (⅓ cup) Nestlé Bakers' Choice Cocoa, sifted
2 Tbsp caster sugar
100g pitted dates, finely chopped
185ml (¾ cup) water

1 Preheat oven to 170°C (fan-forced). Spread hazelnuts, sunflower seeds and pepitas over an oven tray. Bake for 8-10 minutes or until hazelnuts are toasted and aromatic. Set aside.

2 Put oil, cocoa powder, sugar, dates and water in a small saucepan. Cook over a medium heat, stirring, for 10 minutes or until the mixture is well

combined. Set aside for 15 minutes to cool.

3 Put hazelnut mixture in a small food processor and process until smooth. Add cocoa mixture and process until almost smooth (it will have a slightly grainy texture due to the nuts). Transfer to a small airtight container. Cover and refrigerate.

COOK'S TIP

The recipe ingredients can be halved to make 1 cup of spread. Both half quantities and full keep in the fridge for up to 2 months. Use a clean spoon or knife each time you have some spread as this will help with the keeping time. ■

Packed with healthy oils and fibre,
you'll go nuts over this scrumptious spread

Choc hazelnut spread

Spread it on toast, add it to your oats, or smother it over fresh fruit. Yum!

see recipe, opposite

How
our food
works
for you

see page 71

nutrition info

PER SERVE

(spread only): 242kJ,
protein 1g, total fat
4.2g (sat. fat 0.3g),
carbs 3.6g, fibre 1g,
sodium 3mg

- Carb exchanges $\frac{1}{3}$
- GI estimate low
- Gluten free

gluten free

Plan your week,

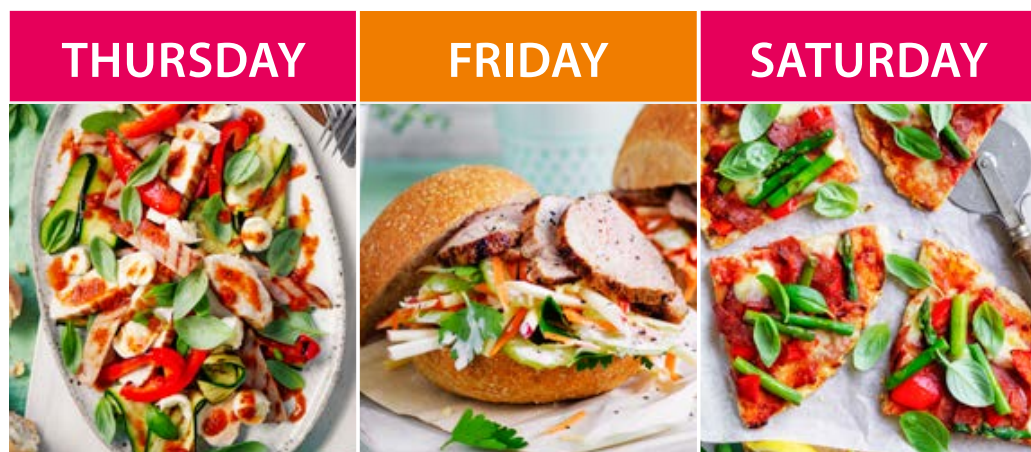
Wondering what to eat this week?

Try these delicious meal and snack ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. It's recommended that you have 6-10 glasses			
Breakfast	Mexican-style scrambled eggs (page 53) 	Peach, lychee and coconut bircher muesli (page 53)	2 poached eggs with 1 slice multigrain toast, topped with 1 tsp light margarine and a handful of baby spinach leaves	Peach, lychee and coconut bircher muesli (page 53) 
Optional snack	Strawberry, chia and coconut pudding (page 51)	1 piece seasonal fresh fruit	Strawberry, chia and coconut pudding (page 51)	1 slice Lemon, blueberry and ricotta loaf (page 51)
Lunch	Corn, tuna and pumpkin frittata (page 60) with leftovers for Monday 	Wrap it up: for an easy weekday lunch, grab 1 Goodness Superfoods Better for U! Barley wrap. Top with ¼ small avocado, 25g grated reduced-fat cheddar cheese ➤		
Optional snack	1 slice reduced-fat cheddar cheese with 5 multigrain rice crackers and 5 cherry tomatoes	1 slice Lemon, blueberry and ricotta loaf (page 51)	Avocado dip with veg sticks (page 77)	Whizz ½ cup frozen berries with 185ml (¾ cup) low-fat milk and 1 tsp honey in a blender
Dinner	Thyme and garlic pork cutlets (page 36) <i>Pictured above</i>	Asparagus, walnut and rocket pasta (page 34) <i>Pictured above</i>	Middle Eastern savoury mince (page 34) <i>Pictured above</i>	Roasted vegetable, salmon and spinach omelette (page 34) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks a day. It's also a good idea to			
Optional dessert	Check out our quick and easy summer dessert recipes (page 16) for a refreshing summer treat ➔			
Exercise	 Aim for 20-60 minutes of moderate exercise each day.			

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packs or the nutrition info boxes near our recipes for nutritional analysis

it's easy!



THURSDAY

FRIDAY

SATURDAY

a day, depending on the weather and how active you are

On the run? Grab a Sanitarium Up&Go Reduced Sugar drink and 20g unsalted nuts

Melon bowl fruit salad (page 52)



French toast with banana, walnuts and honey (page 52)

1 nectarine, sliced, served with 3 Tbsp low-fat Greek-style plain yoghurt

20 natural, unsalted almonds

1 nectarine, sliced, served with 3 Tbsp low-fat Greek-style plain yoghurt

and 50g cooked sliced chicken breast, reduced-salt ham or turkey breast. Serve with a bowl of garden salad (lettuce, tomato, cucumber)

Tuna, avocado, cos, radish and bean salad (page 61)

Fresh pizza bites (page 77)

Avocado dip with veg sticks (page 77)



1 slice reduced-fat cheddar cheese with 5 multigrain rice crackers and 5 cherry tomatoes

Roasted vegetable, chicken and bocconcini salad (page 35)
Pictured above

Pork and apple slaw sliders (page 35)
Pictured above

Salami, basil and bocconcini pizza (page 36)
Pictured above

have a couple of alcohol-free days a week



Always discuss your exercise plans with your doctor first



5 good reasons to cook at home

The average Aussie family spends almost 15 per cent of their food budget on fast food and/or takeaway food, so cooking at home is an easy money saver. Here are five other reasons to enjoy home-cooked meals:

1 You control the portion sizes and get the balance right when plating up at home, particularly when it comes to adding more vegetables.

2 Regularly eating home-prepared meals has been linked with reduced weight gain and a lower risk of developing type 2 diabetes. (Many commercially prepared foods are high in trans fat, salt and sugar.)

3 Cooking at home allows you to make healthy ingredient 'swaps' and choose reduced-fat cooking methods such as steaming and dry baking.

4 Sharing your cooking skills helps others to develop healthy habits, especially children. Plus, eating a home-cooked meal is great for family bonding as it brings everyone together.

5 Home cooking can boost your creativity as you learn to combine nutritious foods and experiment with different recipes and flavours. ■



All the tips, tricks and *inside knowledge* for healthy cooking, brought to you by our food editor, Alison Roberts

Food *bites*

KITCHEN TIP

FLAVOURED WATER

Drinking enough water is something most of us know we need to do, but it can be a struggle to achieve. I find a great way to incorporate more water into my day is by adding flavour to it. It's as easy as throwing a lemon slice or two into a glass of water, but there are some great flavour combinations to try. Here are three of my favourites:

- Thinly sliced green apple and orange slices.

- A few frozen raspberries, strawberries or blueberries (or any frozen berry combo) and a couple of slices of lime.

- Cucumber ribbons, fresh mint leaves and lemon slices.

If I'm staying at home for the day, I add these ingredients to a water jug and keep it in the fridge. If I'm out and about, I'll add them to a portable drink bottle and throw in some ice cubes to keep it cool for longer.



60-SECOND DESSERT

For a quick and easy summer dessert, simply blend 100g chopped pineapple, 100g chopped mango flesh, 125ml light cranberry juice and a few ice cubes in a blender. Serves one.

PER SERVE 683kJ, protein 1.6g, total fat 0.4g (sat. fat 0g), carbs 36g, fibre 3.4g, sodium 21mg

- Carb exchanges 2⅓
- GI estimate medium

To discover which *Diabetic Living* recipes are lower carb, vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 133.

We want you to get the most out of every issue, so please share your ideas by writing to us at diabeticliving@pacificmags.com.au

QUICK AND EASY

Snack ideas

Stay satisfied between meals with our healthy, homemade suggestions

Fresh pizza bites SERVES 2

Bake 2 **Woolworths Select Wholemeal Sandwich Pockets** (20g each) in 180°C (fan-forced) oven for 8 minutes or until crisp. Spread each pocket with 1 tsp **pesto**, then top each with 3 slices **tomato**, a few small **basil leaves** and 3 (30g) **bocconcini**, sliced. Serve sprinkled with pepper.

PER SERVE 664kJ, protein 8g, total fat 8.7g (sat. fat 4.3g), carbs 11g, fibre 2g, sodium 229mg • Carb exchanges ⅔ • GI estimate medium • Lower carb option



Avocado dip with vegetable sticks SERVES 2

Cut 1 **carrot**, 2 **celery sticks** and 1 small **Lebanese cucumber** into sticks. Combine 2 Tbsp **extra light sour cream**, 2 Tbsp mashed ripe **avocado**, 2 tsp **sweet chilli sauce** and 1 tsp freshly squeezed **lime juice**. Season with **pepper**. Serve the avocado dip with raw carrot and cucumber sticks.

PER SERVE 541kJ, protein 3g, total fat 7g (sat. fat 2.6g), carbs 11g, fibre 5g, sodium 188mg • Carb exchanges ⅔ • GI estimate low • Lower carb option



Choc-nut dipped banana bites

SERVES 2 Cut 1 **banana** into 6 even pieces. Dip the base of each piece into 30g melted **dark chocolate**, then 1 Tbsp finely chopped **unsalted pistachio nuts**. Set aside for about 20 minutes or until chocolate has set.

PER SERVE 637kJ protein 2g, total fat 6.9g (sat. fat 2.8g), carbs 20g, fibre 1.8g, sodium 8mg • Carb exchanges 1½ • GI estimate low ■



FOUR IN ONE

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Toni

Toni Eatts, **Editor**

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Hurry! Don't miss this great offer

Oh-so. convenient

Homemade is always best – and tastiest – but when you need the *convenience of a ready-made meal*, here's what you need to know

Often criticised for being loaded up with salt, preservatives and other nasties, microwave meals have recently undergone a healthy renaissance. Gone are the rubbery roasts, grey gravies and sad, watery peas of the 1960s. Today's frozen dinners are more likely to be a power-pack of nutritionally balanced ingredients, complete with a healthy heart tick.

'Cooking food at home with fresh produce is always the best

way to go,' says Diabetes Queensland dietitian Michelle Tong. 'But ready-made meals can certainly be a healthy and convenient alternative if you choose carefully.'

Aside from the sodium/salt content (see 'Watch the Salt', below opposite), taking a good look at the total fat and saturated fat on the nutrition information panel can help you decipher the many options available to you on the supermarket shelves.

'Look for ready-made meals with a total fat content of less than 5g per 100g, as well as those that include high-fibre ingredients like whole grains, legumes and veg,' says Tong.

It's important to include a combination of vegetables, carbohydrate and protein at meal times to provide a balanced and sustained energy source. Some ready-made meals contain nil, or only small, portions of veggies, so it's a good idea to add a serve of veg or a salad on the side.

DL DIETITIAN DR KATE MARSH'S TOP PICKS



Michelle Bridges Delicious Nutritious Moroccan Style Chickpea Tagine

A meat-free meal with three serves of veg and chickpeas for protein, plus freekeh (wholegrain wheat), herbs and spices.

Contains 1450kJ, 39g carbs and 529mg sodium per 350g serve.



Super Nature Super Foods Thai Beef with Quinoa and Brown Rice

A lower-fat alternative to your local Thai takeaway, this meal combines quinoa, brown rice, veggies and beef.

Contains 1370kJ, 39g carbs and 669mg sodium per 350g serve.



McCain Healthy Choice Slow Cooked Beef Ragu

This is made with wholemeal pasta, black beans and a tomato-based sauce. Just add a side salad or toss in a few frozen veggies to up your daily serve of vegetables.

Contains 1390kJ, 42g carbs and 768mg sodium per 320g serve.



Lean Cuisine Pots of Goodness Indian Tandoori Chicken

Made with vegies, chicken breast, brown rice, quinoa and chickpeas, this meal has two and a half serves of vegies.

Contains 1440kJ, 33g carbs and 534mg sodium per 320g serve.



Birds Eye Atlantic Salmon Fillets

Serve with steam-fresh frozen veg or a side salad for a healthy low-salt meal. Add a corncob or a wholegrain roll for carbs.

Contains 1370kJ, 1g carbs and 41mg sodium per 135g serve.



Syndian 100% Natural Lentil Burger

Made with lentils, brown rice, carrots, onion and tahini, serve with salsa and a side salad, or inside a wholegrain roll with avocado.

Contains 541kJ, 9g carbs and 430mg sodium per 100g serve.



Michelle Bridges Delicious Nutritious Beef & Tomato Casserole

A combo of vegies, beef, legumes, herbs and spices, this lower-carb option has an ingredients list similar to a homemade version.

Contains 1200kJ, 22g carbs and 483mg sodium per 350g serve.



The Good Meal Co Gluten Free Vegetarian Risotto Primavera

With almost 50 per cent vegetables (think pumpkin, beans, onion, mushrooms, spinach and red capsicum), this vego dish is 97 per cent fat-free.

Contains 1218kJ, 44g carbs and 352mg sodium per 375g serve.



Lean Cuisine Pots of Goodness Mexican Chicken Chipotle

This meal has two and a half serves of vegetables along with chicken breast, black beans and whole grains (barley and freekeh) in a spicy tomato sauce.

Contains 934kJ, 25g carbs and 669mg sodium per 320g serve.



Weight Watchers Light Menu Beef Bolognese

A portion-controlled version of the popular pasta dish, this meal has around 50 per cent vegies in a tomato-based sauce with basil, curly pasta and parmesan.

Contains 945kJ, 32g carbs and 655mg sodium per 225g serve.

WATCH THE SALT

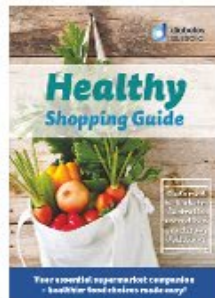
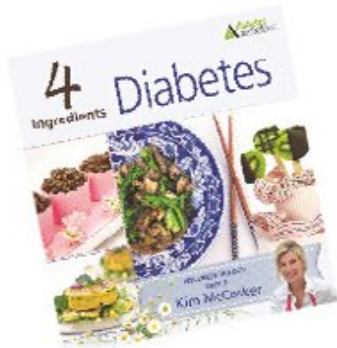
An important consideration when choosing frozen meals is the **sodium (salt) content**, as some ready-made meals can have close to the recommended daily intake (RDI) in just one meal, including many of the 'healthier' sounding options. The RDI for sodium is less than 2300mg, or less than 1600mg if you have high blood pressure or wish to maintain a healthy blood pressure and reduce the risk of heart disease and stroke – important if you have diabetes. Look for **meals with less than 700mg per serve**; we found many that met this criteria, including all but one (McCain, opposite) on these pages. ■



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LIVING *well*

In this **ISSUE**

Hello 2017!

Make it your healthiest and happiest year yet. All the info you need is right here

.....

Delicious diets

Get healthy, not hungry! *DL's* diabetes dietitian reviews 4 popular eating plans

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31 lifestyle hacks

Find out how small changes can make a BIG difference to your wellbeing

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Gym phobic?

Fight the fear and get fit while having fun. It's easier than you think!

.....

Just say 'no'

Sociable solutions to enjoy the party season (while keeping your BGLs in check)

.....

Real-life inspirations

These readers prove there is a 'hidden gift' in living with diabetes

HOW good IS THAT *diet?*

Want to lose weight and manage your diabetes better?
DL dietitian and diabetes educator ***Dr Kate Marsh***
rates the latest popular diets

If you're trying to lose weight or prevent or manage diabetes, there are plenty of 'diets' out there promising impressive results. The trouble is they often contradict each other and finding one that works for you can be confusing.

In fact, a 12-month study comparing four different diets, from Atkins (very low carb and high fat) to Ornish (vegetarian, low fat and high carb) found that weight loss was similar on all four diets and what determined success was cutting kilojoules and being able to stick to the diet.

A 12-month study comparing a low-fat with low-carb diet in people with type 2 showed a similar weight loss and improvement in blood glucose levels (BGLs) in both groups. So there are different ways to achieve the same goal and no one-size-fits-all diet. The key is to find a long-term plan that's not only good for your waistline but also your overall health. Here is an overview of some popular diets and how to tweak them for your health needs.



#1

Low-carb, high-fat diet

AT A GLANCE

Similar to Atkins, this diet recommends cutting carbs and replacing them with more fat and protein. It includes non-starchy vegetables, meat, poultry, seafood, eggs, olive oil, coconut oil, nuts and full-fat dairy foods. It prefers fatty cuts of meat, preferably organic and grass-fed. An occasional glass of wine or spirits is allowed but beer is off limits.

WE LIKE

This diet cuts out all the processed carbs and added sugars none of us need to eat and it encourages lots of leafy green vegetables and healthy fats from nuts and olive oil.

WE DON'T LIKE

Low-carb diets high in animal foods can worsen insulin sensitivity and increase the risk of type 2 diabetes. They are also associated with a higher

risk of overall mortality and death from heart disease and cancer, particularly colon cancer.

MAKE IT WORK FOR YOU

Focus on plant sources of protein and fats (legumes, tofu or tempeh), cook with olive rather than coconut oil, use natural nut spreads or avocado rather than butter and swap some red meat for tofu. If you're taking insulin or another diabetes medication, it's essential to speak to your doctor before you consider this diet, as your medication will need adjusting to avoid the risk of hypos (low BGLs).

YOU NEED TO KNOW

Avoiding whole grains and legumes and eating too many animal foods can have negative effects on your gut bacteria, which can increase the risk of future health problems including bowel cancer. ➤

LOOK FOR AN EATING PLAN... that isn't overly restrictive and can be adapted to your own lifestyle, food preferences and individual needs. It should be as good for your BGLs, heart and overall health as it is for your waistline. Choose a plan that is sustainable long-term, not just for a few weeks.

#2

Mediterranean

AT A GLANCE

A Mediterranean diet is typically rich in olive oil, vegetables, fruit, nuts, grains, legumes and fish, with moderate amounts of dairy foods and only small amounts of meat. Carbohydrate intake is reduced (but not low) and replaced with a higher intake of healthy monounsaturated fats, from foods such as olive oil, avocado, nuts and seeds. Red wine is okay in small amounts.

WE LIKE

Based on whole foods, this diet encourages plant foods while being lower in animal fat and protein. It also focuses on nutrient-dense carbs in place of processed carbs and healthier types of fat. Mediterranean-style diets have been found to help in the prevention and management of type 2 diabetes as well as reducing cardiovascular disease and cancer risks and overall mortality.

WE DON'T LIKE

Actually, it's hard to be critical of this diet and most health professionals would be comfortable recommending it.

MAKE IT WORK FOR YOU

If your meals tend to be all about the protein on your plate, changing to a plant-based diet can take some thought and planning. Get yourself a good recipe book such as *The Mediterranean Diet Cookbook*, written by Australian dietitian and nutrition researcher, Dr Catherine Itsiopoulos, to help you get started.

YOU NEED TO KNOW

The health benefits of a Mediterranean-style eating plan are not just about the food – taking your time to prepare and enjoy eating and sharing meals with others is an important part of this diet.

A close-up, high-angle photograph of numerous walnuts, showing their characteristic wrinkled, brown shells. The walnuts are piled together, filling the entire frame. The lighting is warm, highlighting the textures of the shells.

#3

The blood-sugar diet

AT A GLANCE

Based on a lower-carb, Mediterranean-style diet, the blood-sugar diet (BSD) contains lots of vegetables and moderate amounts of healthy fats (olive oil and nuts), but restricts the amount of carbohydrates, particularly in the early stages of the diet, and is high in protein. There are three stages: stage 1 (BSD Fast 800) involves following a diet of 3350 kilojoules (800 calories) per day for up to eight weeks; stage 2 (5:2 BSD) involves two days of fasting (3350kJ) and five days on the low-carb Mediterranean diet. Stage 3 (the BSD Way of Life) encourages long-term adoption of the lower-carb Mediterranean diet. Alcohol isn't recommended in the first two stages, but can be included in small amounts in the maintenance phase.

WE LIKE

The diet encourages plenty of vegies and quality carbs (minimally processed whole grains, legumes, vegetables and fruit), although fruit and veg are very restricted in stage 1. A study looking at those with newly diagnosed type 2 diabetes found following a lower-carb Mediterranean diet had a greater reduction of HbA1c levels and a higher rate of diabetes remission, as well as delaying the need for medication, compared with a low-fat diet.

WE DON'T LIKE

The low energy (kJ) intake in stage 1 may be hard to stick to and could lead to hunger, fatigue, headaches, lightheadedness and constipation. It may also make exercising more difficult.

MAKE IT WORK FOR YOU

While the stage 1 diet will give more rapid results, you may be able to get similar long-term benefits from going straight to stages 2 or 3, which are more realistic options.

YOU NEED TO KNOW

This diet isn't safe for everyone and may need adjustment to many diabetes and blood pressure medications, so speak to your doctor before you get started. ➤

Turn to page 90 for four delicious blood-sugar diet recipes you can try at home.

5:2 DIET

The fast diet, also known as 5:2 intermittent fasting, has been promoted by UK TV presenter Dr Michael Mosley. It involves restricting your food intake for two days each week. 'With 5:2 intermittent fasting you eat normally five days a week and diet two days a week, cutting your calorie intake for those two days to a quarter of their normal level,' he explains on The Fast Diet website. In 2012 Dr Mosley was diagnosed with type 2. He lost weight and lowered his BGLs by following the fast diet.

#4

Vegetarian diet

AT A GLANCE

A vegetarian diet consists mostly of plant-based foods including fruit, vegetables, legumes, nuts, seeds and grains. A vegan diet contains no animal foods, while a lacto-ovo vegetarian diet includes eggs and dairy products, but neither diet includes meat, poultry or seafood.

WE LIKE

Vegetarian diets are typically lower in fat, particularly saturated fat, and higher in dietary fibre. They are also likely to include more whole grains, legumes, nuts and soy protein and, together with the absence of red meat, this type of eating plan can significantly reduce the risk of developing type 2 diabetes and help in its management. Vegetarian diets also reduce the risk of heart disease and some types of cancer.

WE DON'T LIKE

A vegetarian diet isn't necessarily healthy and there are plenty

of processed, nutrient-poor vegetarian foods. To really reap the health benefits, focus on a whole-food, plant-based diet.

MAKE IT WORK FOR YOU

Going vego isn't just about giving up meat. A good vegetarian diet should contain a range of plant foods, including legumes, whole grains, nuts, seeds, fruit and vegetables. Aim to balance your plate at mealtimes with vegetables or salads, whole grains and plant protein (legumes, tofu or tempeh).

YOU NEED TO KNOW

A strict vegetarian (vegan) diet doesn't contain any vitamin B12 (found only in animal foods), so a supplement is needed to avoid deficiency. This is particularly important for anyone taking the common type 2 medication metformin as it reduces vitamin B12 absorption, which could speed up a fall in B12 levels when you switch to a plant-based diet. ■

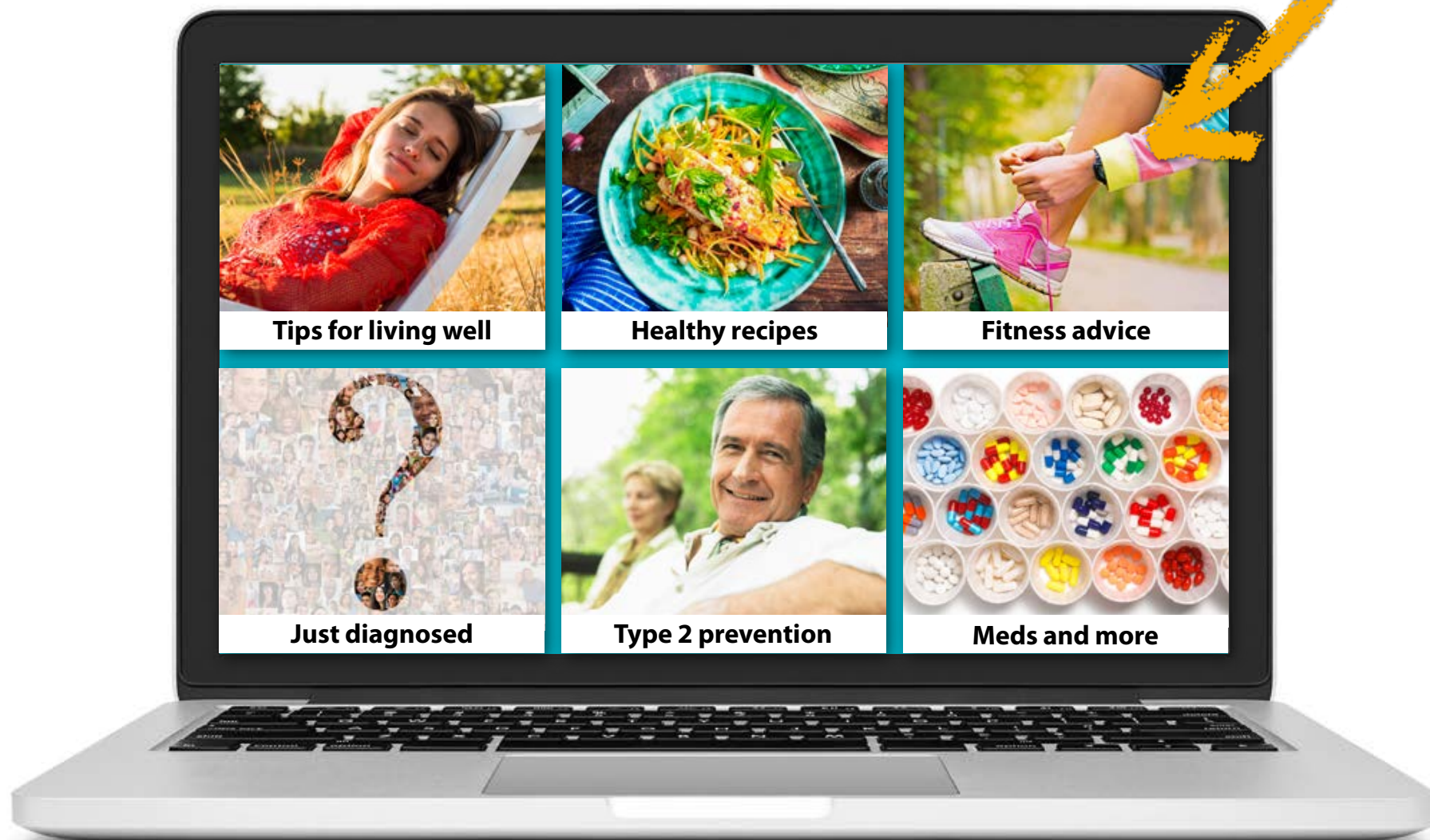
GOING VEGAN? Vegan diets have significant benefits when it comes to weight and health. In the well-known Adventist Health Study-2, those who followed a vegan diet had the lowest weight and were the least likely to develop type 2 diabetes.

Want more recipes?

Visit the **Diabetic Living** website!

diabeticliving.com.au

Whether you've been diagnosed with diabetes or are keen to eat well and reduce your type 2 risk, the *Diabetic Living* website has all you need to lead a healthy, balanced life, from great food ideas to easy exercise plans and emotional support



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EAT *to* BEAT diabetes

Want to test how well you would do on a meal designed so you ***eat less than 800 calories a day?*** Try these recipes



If you look more like an apple than a pear, then you may be interested in finding out more about Dr Michael

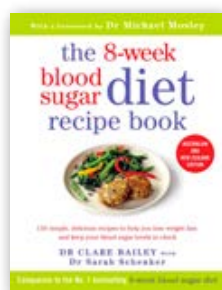
Mosley's Blood Sugar Diet. Even better, you can test yourself with these delicious meals from *The 8-Week Blood Sugar Diet Recipe Book* – they're designed so you eat less than 800 calories (3348 kilojoules) a day and lose that 'dangerous' abdominal fat.

Dr Mosley trained as a doctor before becoming an award-winning science presenter for the BBC. His first book, *The Fast Diet*, was written in 2013 after he was diagnosed with type 2 diabetes in 2012. By restricting his calorie intake on intermittent days, Dr Mosley says he was able to reverse his condition. Further research led to a documentary and a book on intensive calorie

restriction over eight weeks called *The 8-Week Blood Sugar Diet*.

'[When] I was diagnosed with type 2 my blood sugar was out of control,' says Dr Mosley. 'Too much fat around your middle (so-called visceral fat) greatly increases your risk of diabetes, heart disease and high blood pressure... If you can reduce your body weight by 10 to 15 per cent, this shrinks the visceral fat.' This may help to prevent or reverse type 2 diabetes.

Following the success of *The 8-Week Blood Sugar Diet*, Dr Mosley's wife, GP Dr Clare Bailey, wrote *The 8-Week Blood Sugar Diet Recipe Book*. The Mediterranean-style recipes are based on the meals the Mosleys and their four children eat at home.



Dr Mosley says, 'Though many people will opt for the intensive 800-calories-a-day approach to achieve the greatest impact and quickest results, [some will move] to a slightly more relaxed regime of 800 calories five days a week. Some do the diet for two days a week; some have simply changed to the low blood sugar way of eating, watching their carb intake, reducing portion sizes but not constantly counting calories.'

If any of these options inspire you to take on the low-calorie meal challenge, these recipes will help you. If you're thinking about trying an 800-calories-a-day meal plan, have a chat to your diabetes care team beforehand to make sure it's right for you.

Edited extract from *The 8-Week Blood Sugar Diet Recipe Book* by Dr Clare Bailey with Dr Sarah Schenker, foreword by Dr Michael Mosley, published by Simon & Schuster Australia, paperback \$35.



lower carb

232
calories

Chilli squid with lentils

SERVES 4

1 small onion, diced
1 Tbsp olive oil
250g pkt ready-cooked Puy lentils
(or cook from scratch)
Juice of ½ a lemon
4 medium-sized squid (100g each),
cleaned
4 generous tsp sweet chilli sauce
(or 3 large red chillies, diced and
mixed with 2 Tbsp extra-virgin
olive oil and seasoned), or
gluten-free chilli sauce

1 To prepare lentils, sweat onion
in olive oil until it starts to brown.

Stir in lentils and simmer for
a few minutes to heat through.
Season with freshly ground
black pepper and lemon juice.

2 Cut each squid tube open,
lay flat and score the inner surface
with a sharp knife in cross-hatch
lines about 1cm apart. Season
with a little salt and freshly
ground pepper. Cook on a very
hot chargrill with cross-hatched
side down for 1-2 minutes. Turn
squid over – they will curl up
almost immediately, indicating
they are cooked.

3 To serve, put lentils on plates
with squid on top, then drizzle
with a generous tsp of chilli sauce.

This dish goes well with rocket,
drizzled with olive oil and fresh
lemon juice.

COOK'S TIP

Home-cooked Puy lentils taste
even better, with a slightly
stronger peppery flavour.

*NOTE: The DL dietitian used
4 tsp sweet chilli sauce for the
nutritional counts.*

nutrition info

PER SERVE 978kJ, protein 23g,
total fat 6.3g (sat. fat 1.1g), carbs 18g,
fibre 4.2g, sodium 397mg
• Carb exchanges 1¼ • GI estimate low
• Gluten-free option ➤



Spicy stuffed red capsicum

SERVES 2

2 Tbsp olive oil
3 large onions, chopped
250g pkt microwaveable Puy lentils (or 400g tin green lentils, drained and rinsed)
3-4 garlic cloves, diced (or 2 tsp garlic paste)
4cm root ginger, diced (or 1 tsp ginger paste)
2 bay leaves
2 cinnamon sticks
2 cardamom pods
1 tsp ground cumin
1 chilli, diced, or 1 tsp chilli flakes
Handful of coriander, chopped
Juice of 1 lime
2 large red capsicums, halved lengthwise and deseeded

1 Preheat oven to 180°C. Heat 1 Tbsp oil in a saucepan and sweat the onions for about 5 minutes or until they start to turn golden

brown. Meanwhile, put lentils, garlic, ginger, bay leaves, cinnamon sticks, cardamom, cumin and chilli in a medium bowl and mix together. Season.

2 When onions are ready, add the lentil mixture and simmer on a low heat for 8-10 minutes. Stir in the coriander and lime juice. Fill capsicum halves with the mixture and place on a greased baking tray with the open side facing up. Drizzle over the remaining olive oil, cover with foil and bake capsicum for 10 minutes. Remove foil and bake for a further 10 minutes. Serve.

nutrition info

PER SERVE 2109kJ, protein 22g, total fat 21g (sat. fat 3.1g), carbs 47g, fibre 19g, sodium 34mg
• Carb exchanges 3
• GI estimate low



Watercress, orange and sardine salad

SERVES 2

2 oranges, including the zest of 1
1 Tbsp olive oil
Juice of ½ a lemon
100g watercress
½ red onion, thinly sliced
Handful of tarragon or coriander leaves, torn
110g tin sardines in oil, drained (or fresh, see Cook's tip, right)
1 Tbsp pepitas

1 To make dressing, whisk zest, oil and lemon juice in a bowl with freshly ground black pepper. Peel both oranges, removing as much pith as possible, and cut into slices. Arrange watercress, onion and tarragon leaves in a serving bowl. Add the orange slices

and sardines. Drizzle over dressing and serve sprinkled with pepitas.

COOK'S TIP

If you have a good fishmonger, it's worth using fresh sardines (allow 2 per person). Buy them scaled and gutted, with heads and gills removed. Rub with olive oil and freshly ground black pepper. Cook on a chargrill for about 5 minutes, turning once.

nutrition info

PER SERVE 1384kJ, protein 18g, total fat 21g (sat. fat 4.5g), carbs 14g, fibre 8g, sodium 371mg
• Carb exchanges 1
• GI estimate low

**Salmon with lemon
and dill nut crust
on roasted veg**

SERVES 4

- 3 capsicums, preferably red and yellow, chopped into large pieces
- 2 zucchinis, roughly sliced
- 2 red onions, chopped into wedges
- Drizzle of olive oil
- 1 small egg
- Zest of 1 lemon
- Handful of dill, finely chopped
- 1 Tbsp walnuts, crushed
- 2 Tbsp ground almonds
- 4 small salmon fillets (100g each)

1 Preheat oven to 180°C. Put capsicum, zucchini and onion in a baking dish or tray, season and drizzle over olive oil. Start baking vegetables in the oven while you prepare the fish. Beat egg in a bowl and add lemon zest, dill, walnuts and ground almonds and mix well. Season with plenty of freshly ground black pepper.

2 Remove vegetables from the oven after 10 minutes and place salmon on top, leaving a gap between each fillet. Spoon the nut crumb mixture evenly over each fillet. Return to the oven and cook for a further 15-20 minutes (be careful not to overcook them as they will dry out). Serve. ■

nutrition info

PER SERVE 1566kJ, protein 29g,
total fat 22g (sat. fat 3.6g),
carbs 13g, fibre 7g, sodium 70mg
• Carb exchanges 1
• GI estimate low • Gluten free

lower carb

gluten free

373
calories



31 *healthy* LIFE HACKS

Try these *simple solutions* for a healthier,
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Need motivation to get back on track?
These clever little lifestyle tweaks can
make a big difference to your health,
happiness and fitness levels – and there's
one for every day of the month!

Food hacks

These will help you stay on track with your healthy eating

1 Cook ahead
Schedule an afternoon to prep your food for the week. Roast a tray of vegies to add to salads and soups, make a batch of protein-rich bliss balls, wash all your fresh fruit and veg and store them in the fridge for easy access so your week is sorted.

2 Opt for open-faced sambos
'Cut your carb intake in half by switching to open-faced sandwiches,' says DL dietitian Lisa Urquhart. 'Losing the top slice of bread looks more appealing and you can still have your favourite toppings. Try tuna, spinach and fennel or chicken breast, low-fat ricotta and rocket.'



Snack on seeds
'Nuts and seeds are a nutrition powerhouse and a wonderful, crunchy addition to salads, stir-fries, morning oats and low-fat yoghurt,' says Urquhart. 'Whether it's walnuts, pepitas, sunflower seeds, cashews or any other type, nuts and seeds are a great choice for people with diabetes.'

7 Shop online
Make a meal plan each week, then order online and get your groceries delivered. You'll take back the hours spent browsing the aisles, it's easier to stick to a budget and you avoid the temptation to throw unhealthy, highly processed food in your trolley.

8 Pour off kilojoules
Instead of stirring the oil that sits on top of peanut butter back into the jar, pour it off. You'll skim off about 498 kilojoules and 14g of fat per tablespoon.

9 Breakthrough brekkie
A little prep at night and you have a healthy brekkie ready to go every morning. Mix oats with milk, raisins and chia or pumpkin seeds and pop into covered bowls or jars overnight.

10 Spice it up
Flavour your meals with fresh herbs and dried spices instead of relying on salt. 'Salty foods increase blood pressure and cause cravings for sweet foods,' says Urquhart.

11 Pump up your probiotics
Probiotic foods such as kefir, yoghurt, miso and sauerkraut are great for helping to keep your digestive organs functioning well. Probiotics may even be helpful in weight maintenance. ➤



3 Make the switch
Little swaps add up to big changes over time. Think low-fat Greek-style yoghurt instead of sour cream or mayo, and quinoa instead of rice. Substitute frozen grapes for popsicles and reach for dark chocolate over biscuits.



5 Go green
Throw a green (unripe) banana into your smoothie, says nutritionist Mandy Sacher. They are high in resistant starch, which helps you feel full and may help improve cholesterol levels.



6 Fill up first
If you're eating out or going to a party, eat a bowl of raw vegies before you leave home to save you blowing your healthy eating plan. Try spiralised carrots and zucchini with baby spinach, sprouts and a little apple cider vinegar.

Fitness hacks

Adopt a few of these and you'll be moving more often in no time

12

Ready, set, go!

The hardest part of exercising is getting out of bed and out the door. Lay your clothes, water bottle and keys out the night before so you're ready to go first thing. Another trick is to tell yourself you only have to walk for 10 minutes – chances are, once you're out you'll keep going.

.....

13 Make exercise fun

No one sticks to exercise they don't enjoy but it can take time to find the thing that floats your boat. 'Try a few activities and don't give up until you find what really works for you,' says DL exercise physiologist Christine Armarego. To keep it fun, try a combination of fitness activities, such as cycling, swimming, walking, rowing and dancing.

14

Me-time motivation

Rather than looking at exercise as a chore, reframe your thinking and consider it as time spent caring for yourself. By getting up even 15 minutes earlier and going for a morning walk, you'll get your endorphins going as well as clearing your head before the day begins.



15

Be 'appy!

Buy a waterproof SwimPod so you can listen to music while you swim, or download a free fitness app. We love Nike+ Move, FitStar and Zova, all in the App Store – they're just like having your own personal trainer in your pocket.

.....

16

Be specific

'Saying "I want to be healthier" isn't a goal,' says Armarego. 'Make specific behaviour-based goals, such as walking three times a week for 30 minutes or doing a dance class twice a week.'

17 Buddy up

Enlist a friend to exercise with you – it's great for motivation and keeping each other accountable, plus a dose of healthy competition will make you both work harder.

18 Find your fitness mantra

'Having an emotional reason to exercise is the strongest motivator,' says Armarego. 'Instead of saying, "I want to lose 5kg", say, "I want to play with my kids/grandkids and not feel exhausted".'

19 Diarise your exercise

Every Sunday, check your diary and slot in exercise for the week. This is a trick employed by entrepreneur Lorraine Murphy, founder of The Remarkables Group and author of *Remarkability* (Hachette Australia). 'Exercise sessions are an appointment I make with myself that I cannot break,' she says.

20 Have a back-up plan

On rainy days you don't need to miss a session. Grab an exercise DVD or check out Glucosezone – a YouTube fitness channel created specifically for people with diabetes.

21 Treat yourself

Whether it's running shoes or a Fitbit, investing in exercise gear can be a great motivator. Fill your gym bag with beautiful products so your post-workout shower is an indulgent treat.



Happiness hacks

These will get you motivated and loving your life

Practise mindfulness

Meditation has a host of benefits, such as helping to still your mind, improve sleep and manage stress. Studies have also found it can help regulate blood pressure. You can practise mindfulness any time, anywhere. Try a free 10-day trial on the Headspace app.



23

Make a happiness jar

Be like *Eat, Pray, Love* author Elizabeth Gilbert and record happy moments to put in a 'happiness jar'. When you have a bad day, you can unearth one to cheer you up.



24 Clear your living space

A tidy environment increases creativity and also saves time, improves sleep and boosts mood. Fill one bag a day with items to throw or give away.

25

Put yourself first

'Taking even small amounts of time for ourselves is an act of generosity for ourselves and others,' says psychologist Dr Richard Chambers. 'We become happier, more connected with others and more productive at work.'

26 Invest in experiences

Spending money on experiences rather than possessions makes us happier in the long run, according to a 20-year US study. A holiday or a cooking class enriches your life and leaves you with great memories.

27 Practise gratitude

Be grateful for the little things such as a good meal, says psychologist Dr Tim Sharp. 'Absorb the feeling for a few moments. Linger on a positive experience embeds it in your brain.'

28 Book a mini-break

Short getaways can do wonders for your mental and physical health. For maximum relaxation, pick a location close to nature.

29 Try a couples' class

A US study found that couples who learned new things together had stronger partnerships. Try cooking, sailing or dance classes – something you can enjoy doing together.

30 Simplify your goals

Too many goals can be too much. Each day, set three small goals, then tick them off as early as possible.

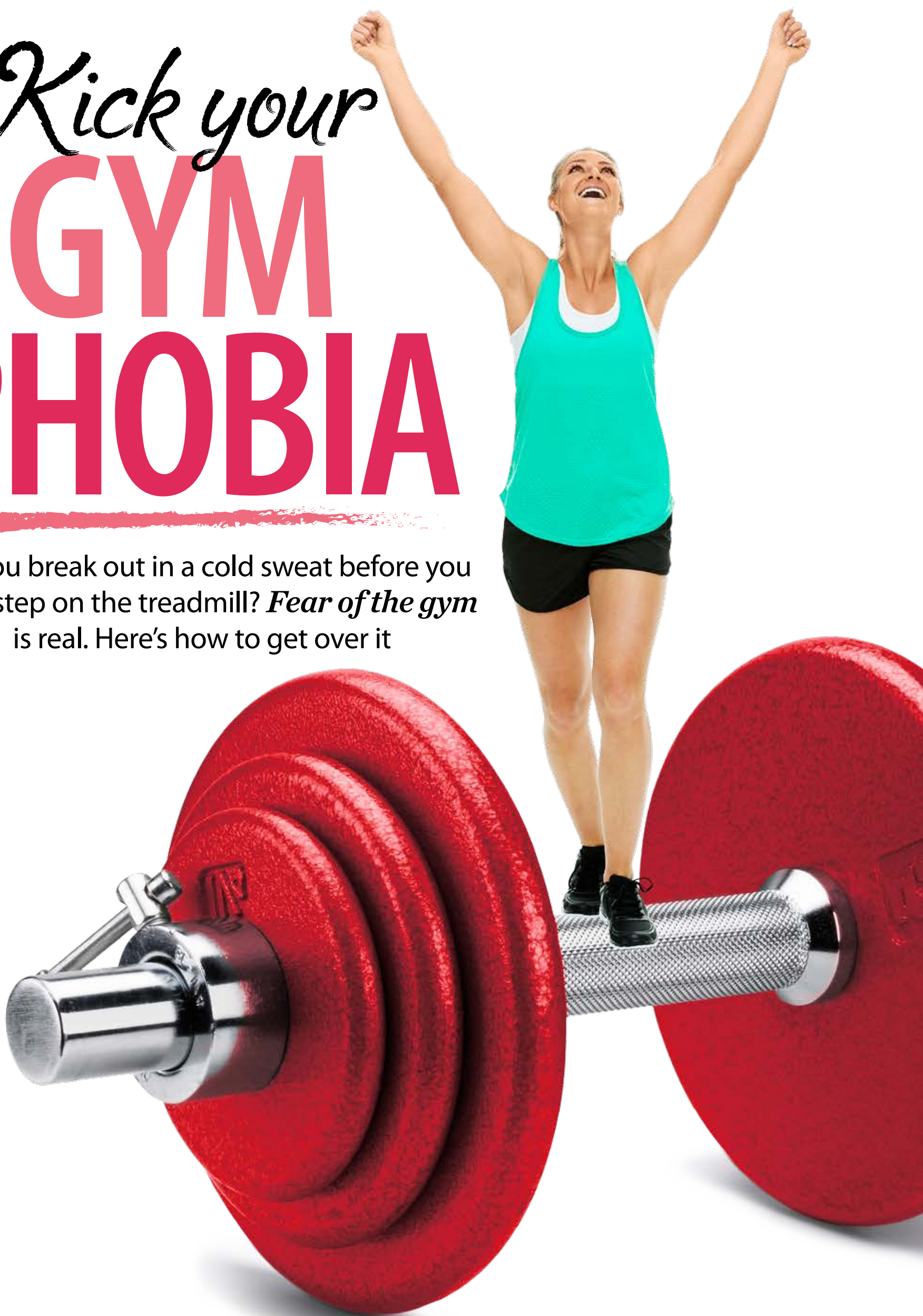
31

Build a support team

When you're managing diabetes or caring for someone else, day-to-day tasks can become overwhelming. Delegate small, low-impact tasks to family and friends to relieve the pressure. If you can afford it, outsource chores such as cleaning. Even a once-a-month clean will free you up to enjoy life more. ■

Kick your GYM PHOBIA

Do you break out in a cold sweat before you even step on the treadmill? *Fear of the gym* is real. Here's how to get over it



For years, hitting the gym left CeCe Olisa desperate to dash out as soon as she stepped in. Though she'd had gym memberships since high school, the creator of the lifestyle blog Plus Size Princess (plussizeprincess.com) often let 'gymtimidation' – fear of exercising in public – cheat her out of doing a good workout.

'You walk into a gym and there are all these crazy machines and you don't know what they do,' says Olisa. 'I thought if I was fumbling around, I'd get laughed at.'

Tiny locker-room stalls were her go-to changing area. Once dressed, she clung to the elliptical machine, too shy to try something new or ask for help. From her comfy cardio perch, Olisa window-watched a Zumba-bootcamp combo class for weeks. People cheered and hollered – it was like a party in there. 'I thought: how can I join that class if I don't know what I'm doing?' she says.

The root of gym phobia

If you can relate to Olisa, you're not alone. A 2014 survey found that twice as many women as men feel embarrassed when working out, citing fears of looking clueless and out of shape.

Though a bit more confident, 20 per cent of men fear not knowing what they're doing.

'Fear comes partially from a genetic vulnerability and partially from conditioning in the environment,' says psychologist Dr Cheri A. Levinson, who has studied the link between anxiety and working out in public. 'In the case of a gym fear, there can be a lot of social anxiety – especially around judgements from others, and specifically on appearance.'

Conquering her fears, Olisa took a deep breath and finally joined a class. She found her comfortable place in the back row. The instructor took things nice and slow and demonstrated each move, which Olisa then modified to accommodate her achy knees.

'Within a couple of months, I went from jogging on the spot to doing full-on jumping jacks,' says Olisa. Soon the gym instructor recognised her dedication and asked her to stand at the front of the class, which was a huge ego boost.

'People at the gym are concerned with themselves. No one has the time or energy to make fun of anyone'

Over time, Olisa stopped taking anyone's ignorant assumptions to heart (like the guy who thought she should swim laps in the slow lane) and realised, 'People at the gym are 100 per cent concerned with themselves. No one has the time or energy to make fun of anyone.'

The reality is we all have to start somewhere. Chances are those fit gym rats were once in your shoes. So lace up your trainers, grab a towel, take a deep breath and read on. We'll help you warm up to the gym.

Building confidence

FIND THE RIGHT GYM Atmosphere is key here. 'Pick a gym with a non-judgemental environment,' says Lee Jordan, a personal trainer and health coach. Your local community fitness centre is a good place to start, and if you are female and nervous about joining a mixed-gender gym, check out women-only gyms such as Fernwood Fitness and Curves. Ask yourself: could I be successful here? If the answer is no, keep searching.

TAKE FREE HELP Many gyms offer one free training session or orientation for new members. Ask for it and use it. Think of this session as your guide to the gym. Have questions ready and know your goal – maybe you want to lose weight, build strength, or run 5km. Ask staff to demonstrate how to use the equipment. They are there to help you, so let them. ➤

EXERCISE & fitness

GO PREPARED Outline your workout beforehand to keep a lid on anxiety. Check out online fitness sites for ideas and videos, and practise at home, Olisa says. If you're not sure what to do when you get to the gym, walk around, or find a place to sit if you're feeling overwhelmed. Just don't leave. 'What you're doing psychologically is slowly immersing yourself,' adds Jordan.

WEAR COMFY CLOTHING 'A person is more comfortable in workout clothes that don't move,' Olisa says. 'You don't want to be worried that you're falling out of your top or your shorts are riding up.' Olisa sports high-waisted leggings that stay put. Look for material that wicks away moisture, like a poly-blend. Bottom line: wear what makes you feel comfortable and confident. If that is a T-shirt and shorts in the pool, go for it. Just check the dress code of your gym first.

TRY A GROUP FITNESS CLASS If you're ready to join a gym, Jordan suggests group classes. Look for those that complement your fitness

●
Strength in numbers



Get into gear!
Wear what makes you feel confident at the gym. Top tip: look for a good moisture-wicking material like a poly-blend.

level. If you're carrying extra weight, water aerobics is a great place to start for minimal soreness and joint pain.

The YMCA offers classes for beginners, and many gyms now offer light-paced workouts for the over 50s – look out for classes like 'prime movers' and 'super seniors' on the timetable.

It's a good idea to show up to a class a few minutes early to introduce yourself to the instructor. 'They'll go out of their way to give you extra attention so you feel comfortable,' Jordan says. Then find a place in the middle or back row so you can shadow experienced classmates.

FOCUS ON FACT 'Releasing any emotional link to exercise is really helpful,' says Michelle Lewis, clinical director at a weight counselling centre. Don't sulk that you can't run like the graceful gazelle one treadmill over; focus on how your own body feels. Chances are, you're working just as hard or harder. If you're talking in broken sentences and sweating a bit, you're in the right range for a person with diabetes.

DROP THE ALL-OR-NOTHING

APPROACH When starting out, you might think you need big changes to succeed, such as an hour workout five days a week. Not so. 'Extraordinary results are achieved by doing ordinary things daily,' Jordan says.

If you miss a workout, or have to cut it short, or don't do an exercise perfectly, don't sweat it! ■

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Diary of a fitness pro

Ever wondered how health professionals stay on track? You'll be inspired by *DL* exercise physiologist **Christine Armarego's** daily routine



With a family history of type 2 diabetes, Christine Armarego, 43, is committed to prioritising her health and setting a positive example for her two daughters, Isabella, 6, and Lexie, 3. She lives in Sydney with her husband Dr Adam Fraser and works at a gym and a busy diabetes clinic. Here's how she juggles family, career and fitness.

5.45
am

I get up and leave Adam with the girls while I do an hour's gym session. On other days it's a run or a swim. I start my day with 'me time' then I feel refreshed and focused for the rest of the day.



7.00
am

The mad rush to school begins. I'm always happy if we can get out the door by 8am. Breakfast is chia pudding with yoghurt, banana and blueberries. I make our lunches at the same time, so I'm chopping fruit and veg as the girls get ready.

WORDS CHRISTINE ARMAREGO
PHOTOGRAPHY HUGH HAMILTON, GETTY IMAGES

8.30
am



After the school drop off, I have my one coffee of the day – a skim latte with ½ a sugar. I've tried without sugar but I can't do it!

8.45
am

Arrive at the gym or clinic and see clients. It's great to watch their progress and find new ways for them to challenge themselves with exercise or unravel the roadblocks getting in their way.

11.30
am

I like to eat lunch early. It's always a salad with tomato, cucumber, capsicum, carrot and baby spinach leaves or rocket. Today I've added a small can of tuna, a boiled egg and a few olives.



4.30
pm

Pick up the children and drive home for the essential piano practice and playing in the backyard or on the trampoline. Giving children a chance to be active is so important.



2.45
pm

Dinner won't be until 6pm so I have a snack now – usually an apple and vegie sticks with some low-fat cheese. The cheese gives me some protein and calcium and the vegies and apple are fresh and crunchy and full of fibre and vitamins and minerals.

12
pm

Back to clients and doing admin. My job is great because I don't sit for more than 20 minutes at a time. Constantly moving helps keep my blood glucose levels stable over the day. I like a herbal tea about now.



5.00
pm

Start dinner, which is oven-baked salmon with baked vegies – sweet potato, cauliflower, broccoli, zucchini, capsicum and tomatoes with a spray of coconut oil – mixed with baby spinach and a little Danish feta. The girls put some music on and we dance while it's cooking.



7.30
pm

Isabella and Lexie are bathed, cuddled and in bed, so I take Tilly, our Staffy, for a walk for between 20 minutes and an hour depending on how tired I am. It helps keep my insulin sensitivity up which helps with diabetes prevention as well as management.

8.30
pm

I pour some kombucha (a fermented tea drink) into a wine glass and sit back and relax. I usually finish the day with some stretches and a three-minute meditation. This helps me reduce my muscle soreness so I'm ready for my exercise in the morning! ■

EXERCISE *dilemmas* SORTED

Want to know how to balance a workout with blood glucose levels? The experts answer *your questions*

1

What time of day should I work out?

A Exercise physiologist Gary Scheiner says that exercising after eating can help lower post-meal blood glucose level (BGL) spikes, so try walking a block or two after lunch or going for an after-dinner stroll. Keep in mind, however, that the best time of the day to exercise is the time that works for you.

‘Do it daily,’ Scheiner advises. ‘Treat exercise like medicine with this prescription: take a reasonable dose daily for long-term health and happiness.’



*All geared up
and ready to go!*



2

I haven't regularly exercised for several decades – should I undergo an exercise stress test before I start?

A A stress test may be necessary if you've been inactive for a long time, are short of breath, are increasing your exercise intensity or duration, or you have or are at risk of heart problems. Speak with your diabetes care team if you fit into any of these categories.

3

Can exercise cause my blood glucose levels (BGLs) to drop?

A Yes. If you take insulin or oral medications (such as sulfonylureas) that can cause hypoglycaemia (low blood glucose levels), then exercising without consuming carbohydrates can cause hypos. Conversely, if you take insulin and vigorously exercise without taking enough rapid-acting insulin, your BGLs can rise quickly. Discuss how to manage both of these issues with your diabetes care team before you start a workout.

If you have type 2 diabetes and don't take glucose-lowering meds, then exercise should not cause your BGLs to fall too low. And, in general, people with type 2 won't experience BGL spikes – unless you have had a lot to eat before exercising.

4

How often should I change my exercise routine?

A 'Your body adapts to an exercise routine in about 12 weeks of doing it regularly,' says exercise physiologist Ryan Bosch. To keep your body challenged, and your interest levels high, mix up your fitness regime every three months. So if you usually walk and strength train with machines, try cycling and body weight exercises instead. Love swimming? Join an aqua aerobics class and start lifting hand weights.

5

How can I tell if exercising is helping my BGLs?

A If you check your glucose levels at various times of the day – after fasting and before and after meals – you'll be able to observe the effects of regular exercise over a few weeks. However, 'The main way to tell is with the results of your HbA1c test,' says exercise physiologist and author Professor Sheri Colberg. HbA1c provides the average of all the ups and downs of your BGLs over the last two to three months.

6

Do I need to eat something before I start working out?

A DL dietitian Lisa Urquhart recommends that you avoid eating large meals before exercise, as they can cause stomach upsets. If you're feeling peckish, she suggests having a low-GI snack such as an apple or 200ml of low-fat yoghurt. This will give you a slow release of energy. While snacks are optional, water is a must when you are exercising because it stops you becoming dehydrated, which can cause BGLs to spike. Just remember not to drink too much before you start exercising, as it can make you feel sluggish.

7

Does exercise actually cause weight loss?

A Research continues to show that making healthy changes to your diet is the best way to lose weight. However, exercise offers critical help when it comes to reaching your slim-down goals. Research by the US National Weight Control Registry shows that people who keep weight off do an average of 60-90 minutes of activity most days. But think beyond burning kilojoules – the other benefits of exercise include lower insulin resistance, better sleep, increased energy, prevention of chronic diseases such as heart disease and some cancers, decreased joint pain and better mood and wellbeing. ■



TYPE 2

MY DOCTOR IS *pleased* with my BGLs

After seeing his father and grandfather struggle with diabetes, **Ernie Abeysekera, 58**, is determined to turn his type 2 around

When were you diagnosed?

I had a routine check-up about six years ago. At the time, I wasn't experiencing any diabetes symptoms but my doctor had been monitoring my blood pressure and cholesterol, and also checking for diabetes as he knew my family history. Both my grandfather and father had diabetes and my sister has been diagnosed recently, too.

My father passed away last year from diabetes-related complications. He didn't follow his doctor's advice much and regretted that towards the end of his life. When I was diagnosed, Dad insisted I get straight onto medication. He suffered a lot and didn't want that to happen to me.

Do you take medication now?

Yes, I take tablets to control my blood glucose levels (BGLs), blood pressure and cholesterol. I get my BGLs checked every three months or so when I pick up my scripts from the doctor.

Have you always had a healthy lifestyle?

Yes, I was really into athletics when I was a kid and I was a runner and sprinter, too. Dad was a boxer and he played hockey and soccer, and he also enjoyed athletics. Dad was never overweight.

I worked in banking for a long time, which is known for its parties, but I always stayed away from the booze. I was working long hours and it was

pretty stressful, but overall my health was really good. Then, about 13 years ago we moved from Sydney to a farm in Gloucester in mid-north NSW. Between fencing, renovating the house and looking after cattle, I kept fairly active.

My wife Sharee and I have always eaten well but I do have a sweet tooth – I like my chocolate and ice-cream. I grew up in Singapore so I like curries, which can have a lot of oil.

Have you ever struggled with your weight?

Not at all. When the doctor told me I was overweight I said, 'You're kidding! Where is it?' I had never thought of myself as being overweight, but he said



TIME TOGETHER

Ernie walks 5km every morning with his wife Sharee (left) and exercises on free outdoor gym equipment in a park (above and right).



GET OUTSIDE

Councils around Australia have been installing outdoor gyms at parks, beaches and other open spaces to encourage people of all ages and fitness levels to enjoy being active.

the fat was on my midriff and around my organs, so it wasn't obvious. It's the kind of fat that causes trouble, so I knew I had to trim down my tummy.

How did you manage to change your diet?

A dietitian helped both Sharee and me understand what foods we should be eating and what we needed to avoid. Now I eat smaller meals more frequently. I stay away from cordials and soft drinks and I've cut out sugar, although I can't resist a little on my porridge.

I was shocked to find out how many foods are loaded with sugar. I'd choose something at the supermarket thinking it was healthy, such as a cereal, and Sharee would say, 'No, you can't have that.'

We've both reduced our portion sizes. I find snacking on nuts, seeds and raisins means I eat less for dinner. We eat a lot more salads and vegetables and we've cut down on meat. We steam or stir-fry everything now.

Did you find you needed to move more too?

I knew an exercise routine would be better than relying on diet alone. A physiotherapist advised me not to start jogging because it could cause problems with my knees, so I bought a walking machine that reduces the impact on feet and knees. It is really easy to exercise on, regardless of the weather.

When Sharee and I moved into town about a year ago, we changed our routine. Every

morning we now do a 5km round trip from home to a park where there are three 'a_space' exercise stations donated by the Gloucester Rotary Club. I spend about 15 minutes doing upper and lower body exercises like sit-ups, pull-ups and step-ups. The equipment comes with instructions that are simple to understand.

I like exercising outdoors in the fresh air where I can enjoy my surroundings. Plus, our walk and exercise routine gives Sharee and I time to talk and plan our day. I find it's good thinking time. I feel much better by the time we come home and feel great for the rest of the day.

Have you lost much weight?

I don't really weigh myself but I've come down a couple of notches on my belt, which is great. That has happened since I've been walking and using the outdoor exercise equipment.

These days my doctor is pleased with my BGLs and that's a good thing. If they had continued to rise I would have had to go on insulin.

My ultimate goal is to keep my BGLs so low that I can eventually come off my diabetes medication. I am also aiming for my cholesterol levels to come down.

Does having diabetes ever get you down?

It can be hard, but once I realised it was part of my lot in life there was no sense in getting upset or stressing about it. I'd rather spend my time thinking about more important things. I'm a fairly positive person. If you have diabetes you need to accept it and do the best you can to manage it and live your life. ■

KEEP YOUR COOL

Follow this simple self-care plan throughout the summer and you'll sail through the season *glowing with good health*

Stay hydrated

Perspiration is your body's go-to method for cooling down on hot days. In summer months, however, it can fast-track you to dehydration. If you're suddenly so thirsty you need to sink a few glasses of water, you're not getting enough fluids.

THE SIGNS

- Feeling parched.
- Having headaches.
- Muscle cramps.
- Getting dizzy spells.
- Lips and eyes feel dry.
- Constipation.
- Urine that appears as a concentrated dark yellow colour.

THE CAUSES

- Skimping on H₂O – aim to drink up to two litres of water every day.
- Air-conditioning.
- Heat and exercise, particularly high-intensity exercise.

THE HEALTH FALLOUT

- Elevated blood glucose levels (BGLs): 'If you have diabetes, hot weather and too little fluid can both be stressors for your body and can cause elevated BGLs,' says Kirstine Bell, credentialled diabetes educator with Diabetes NSW and ACT.
- 'Dehydration makes your blood more viscous and thick, which causes glucose to get "stuck" in the bloodstream, so it can't be used for energy. You may then urinate more frequently, causing further dehydration and raising your BGLs higher,' explains Bell.

SELF-HELP

- **Pack a water bottle** Don't like plastic? Invest in an aluminium or glass water bottle with a shatterproof cover.
- **Drink before feeling thirsty** 'Drink water in the morning before you go on that bushwalk or to that barbecue, so you're hydrated when you get there,' says Bell.
- **Minimise alcohol** That tall glass of wine or cool beer increases body temperature and dehydration.
- **Reduce perspiration** 'Exercise in cool places at the start or end of the day,' suggests Bell. 'Avoid the outdoors at the hottest time of day, between 10am and 2pm.'

Sleep peacefully

On hot nights, getting to sleep can seem like an Olympic feat. Try these strategies.

THE SIGNS

- Shallow sleep.
- Waking up throughout the night.
- Feeling like a walking zombie in the morning.

THE CAUSES

- 'Your sleep hormone, melatonin, usually lowers your body temperature to help you sleep, but in summer this drop may not happen,' says Siobhan Banks, Senior Research Fellow at the

Centre for Sleep Research, University of South Australia.

- Stress caused from fast-tracking work deadlines in the lead up to the holidays.
- Christmas parties: more alcohol and late nights don't do your sleep (or body clock) any favours.

THE HEALTH FALLOUT

- Exhaustion.
- Elevated BGLs.
- Lower immunity.
- Increased hunger: sleepless, hot summer nights can recalibrate hormones related to your appetite, causing you to feel hungrier.

SELF-HELP

- **Breakfast on the balcony** 'Exposure to morning sunlight helps synchronise your body clock with night and day,' explains Banks.
- **A midday caffeine curfew** Caffeine can significantly disrupt your sleep six hours after your last hit.
- **Power off** 'Looking at direct light from a computer screen, cell phone or tablet reduces melatonin levels, which helps you fall and stay asleep,' says Banks.
- **Unwind** Try slow breathing, meditating or listening to soothing music to help you relax before bedtime.

Insulin care

When insulin becomes too hot or too cold it may not work effectively. Here's how to keep your meds in check.

THE SIGNS

- Heat or cold-damaged insulin may appear slightly frosty or unclear, or contain fine or solid particles. If so, throw it away.

THE CAUSES

- If insulin is left in the sun or car instead of in a cold pack on hot days.
- When insulin is put directly on a frozen brick in the esky so some or all of it freezes. 'Keep insulin in a small travel pack,' advises Bell. 'Frio and Medactiv have re-usable wallets to carry insulin.' When activated in cold water for 15 minutes they stay cool for a few days.

THE HEALTH FALLOUT

Using insulin that's not effective puts you at risk of a hypo (low blood sugars). Testing regularly is the best way to minimise risks.

SELF-HELP

- Switch from a pump to a pen if the weather is forecast to be over 40°C.
- 'Keep insulin in a cool pack but not on a freezer brick,' advises

Bell. Diabetes Australia recommends that you cover ice bricks in several tea towels.

- Put your insulin pump in a 'pocket' or protective pouch. Slip in a small, cold gel pack (refrigerated but not frozen) to keep insulin in the pump cold.
- 'Carry juice or glucose tablets to treat a hypo rather than jelly beans, which may melt in the heat,' advises Bell. ►

*Stretching exercises
before bedtime can
help reduce an attack
of restless legs in
some people*

Restless legs recovery

While it's not known why, people with diabetes are more prone to restless leg syndrome (RLS), where you want to sleep but your legs feel like dancing.

THE SIGNS

- Muscle contractions in your legs and feet.
- Creepy crawly or tugging sensations.
- Throbbing tingling, itching or aching legs and feet.

THE CAUSES

- Although it's not well understood, RLS is thought to be linked to dopamine problems, so the brain sends signals to contract the muscles.

THE HEALTH FALLOUT

- Daytime fatigue.
- Foggy brain function due to exhaustion.
- Elevated blood pressure and BGLs.
- Greater risk of having accidents.

SELF-HELP

- **Move 'em** Some people find exercising or stretching their legs in the evening can help reduce an attack.
- **Check for iron deficiency** Ask your GP for a blood test to test your iron levels. Penn State University research revealed that iron deficiency can trigger nervous system signals to the legs, which can cause uncontrollable urges to move.

- **Avoid sedating hayfever meds** These can worsen restless legs in some people. 'If you suffer from hayfever, try using non-sedating antihistamines instead or discuss options like decongestants and nasal sprays with your doctor,' suggests Bell.
- **Seek medication** Your GP may prescribe anti-convulsive drugs or drugs used to treat Parkinson's disease (because they increase levels of dopamine).
- **Savour a herbal tea** Since caffeine is a stimulant, it can trigger an increase in restless leg contractions in some people. Instead of a coffee, sip on a soothing chamomile or peppermint tea. ■

For more health stories visit
diabeticliving.com.au

HOW TO PREP BEFORE A CHECK UP

That precious time with your health professional flies by. Here's how to *maximise it*



3-6 MONTHS BEFORE

- ☐ **Schedule your visit strategically** Take the first appointment of the morning or the first one after lunch.
- ☐ **Organise your blood glucose records** Your diabetes educator may download the data from your meter when you arrive. However, when you see your doctor it's best to bring a hard copy that you have marked up with your thoughts so you can share any observations about highs, lows and trends.
- ☐ **Jot down questions as they arise** Having them in writing frees your brain for thinking rather than remembering.

Change is okay!
If your care doesn't meet expectations or you aren't working as a team, find a different health professional

1 WEEK BEFORE

- ☐ **Make a list** of the diabetes-related tests and checks you need, such as your glycosylated haemoglobin (HbA1c), cholesterol levels, blood pressure and kidney function tests.
- ☐ **Do lab work beforehand** so you and your doctor have results to discuss during the visit. Organise tests and checks in chronological order. Keep them in an efficient system and bring them to your appointment. This helps you and your GP better manage your diabetes over time. For example, track your meds, including when you start each one, the dose, dosage changes, and any side effects.
- ☐ **Make a list of referrals you need** This could include referrals to allied health professionals including a diabetes educator, dietitian, exercise physiologist or physiotherapist, podiatrist and/or psychologist, and a referral to an ophthalmologist for your annual eye exam. Get to an endocrinologist if you and your doctor are unable to get your diabetes under control. Don't wait until complications set in.
- ☐ **Prioritise your questions** from the past few months.

DAY OF VISIT

- ☐ **Show up 10 minutes early** with records and any questions at the ready.
- ☐ **Record results** such as weight, blood pressure and HbA1C. Get a copy of your test results.
- ☐ **Take off your shoes** and socks for a foot exam.
- ☐ **Bring monitoring supplies** if you are seeing your diabetes educator. Ask to have your meter and technique checked. Aim to do this when you get your first meter or a new meter, and have it checked again at regular intervals.
- ☐ **Be honest** Note personal, financial, or family issues. For example, don't agree to a new medication if you can't afford it or can't take it at the required times or frequency. Don't commit to behaviour changes you aren't ready to make. Help your health care team understand your concerns and challenges.
- ☐ **Take notes!** Use your smartphone, tablet, or jot down on paper any key points and action items, so you have them to refer to later. ■

LIFE CHANGING

'In some ways,
diabetes really has
been the best thing
that ever happened
to me,' says exercise
physiologist
Andrew Harrisberg.



WHAT DIABETES taught me

When faced with chronic illness,
surprising hidden gifts can come
to the surface

Sometimes life's toughest challenges enable you to grow in ways you never expected. Take diabetes as an example. Despite the devastation of a diagnosis, some people have made a quantum leap over the pit of despair and managed to take the condition in their stride.

Discovering new coping strategies lets you tap into inner reserves and support you never knew existed. And, despite the down days, those learnings can bring unexpected gifts. ➤

The upside of being down

When 27-year-old exercise physiologist Andrew Harrisberg was diagnosed with type 1 four years ago, at the age of 23, he felt as though his world had caved in.

‘I had been losing weight and feeling weak when training at the gym,’ he recalls. ‘I also had other classic signs of type 1, like thirst and going to the toilet often, but I never suspected I had diabetes. So the news that my blood glucose levels (BGLs) were 16 was a massive shock – particularly as I was very healthy. I exercised every day, ate well and barely drank alcohol, so I was shattered to learn I had a chronic illness.’

For a few weeks Harrisberg felt depressed, teary and hopeless. But knowledge was his way out of that dark tunnel. He started reading everything he could about diabetes, which inspired him to take charge of his health.

‘I reduced my carb intake and that really benefited my self-management,’ he explains. ‘Then I acknowledged and changed all the lifestyle factors pushing my BGLs up, including overtraining, under-sleeping and stressing about the small stuff. Diabetes has taught me to maintain perspective and be flexible, which has been very liberating. I stopped being so regimented about things like never missing a day at the gym, and instead started listening to my body’s needs. I also learned mindfulness and breathing techniques, which have become invaluable calming tools that benefit every area of my life.’

Thanks to his diabetes, Harrisberg says he has found a new identity and direction.

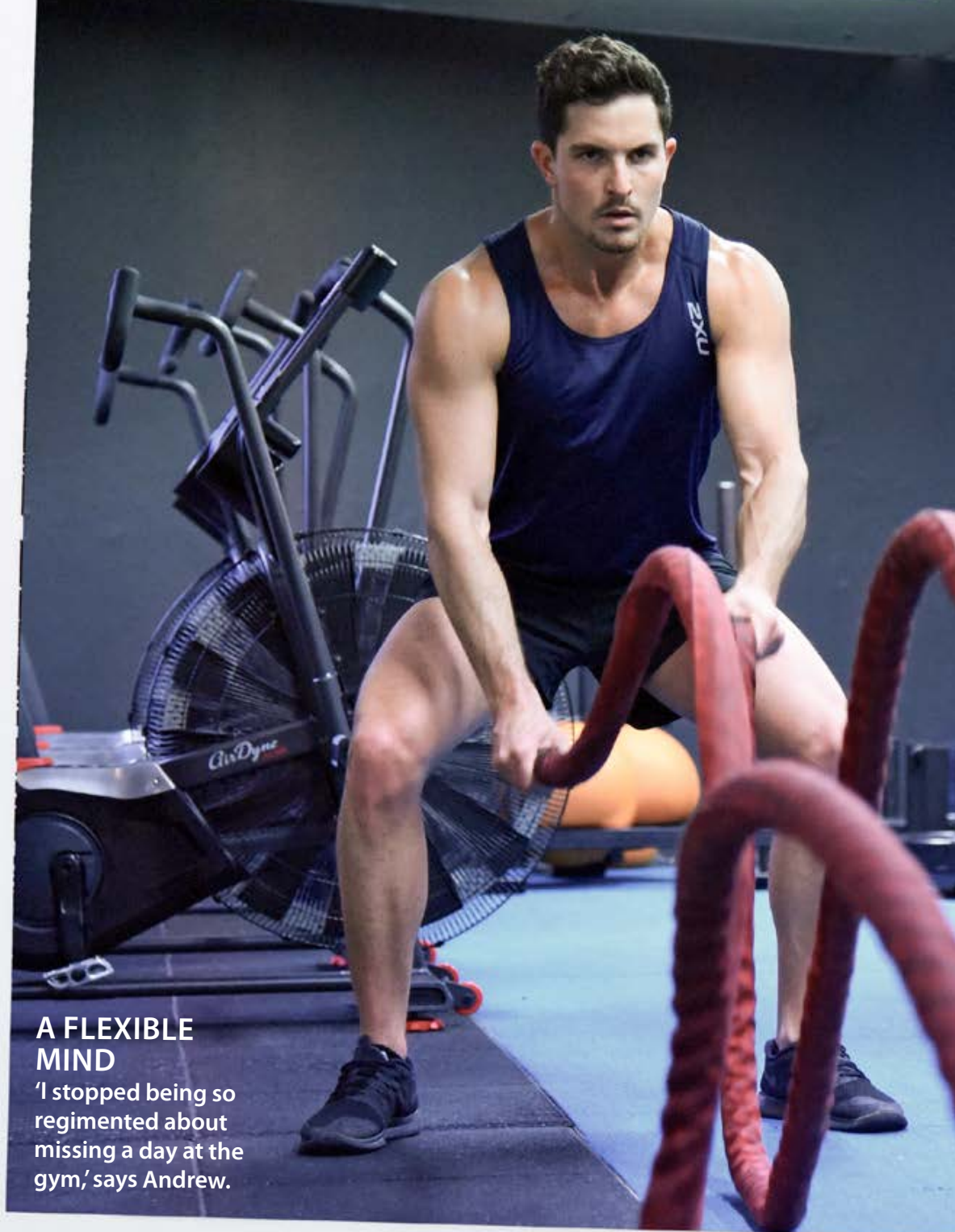
He went back to university to become a diabetes educator, which he now combines with his exercise physiology work. A year ago he started a blog, Drew’s Daily Dose (drewsdailydose.com), which already has more than 12,000 followers. He is also about to start online counselling for others with diabetes.

‘Diabetes was my wake-up call,’ he says. ‘It has helped me get my priorities straight and opened my mind to how lucky I am just to be here. It led me to adopt self-help strategies that allow me to really thrive.’

Building character and resilience

Though diabetes is no fairytale, it can create a little magic sometimes – providing the catalyst for self-growth and a re-evaluation of what really matters in life.

‘Sometimes when people are diagnosed with diabetes they anticipate, perceive and experience real negative impacts on their life,’ says Dr Jessica Browne, senior research fellow at the Australian Centre for Behavioural Research in



A FLEXIBLE MIND

‘I stopped being so regimented about missing a day at the gym,’ says Andrew.

Reality check

To try to find the positives despite the challenges of living with diabetes, it helps to:

1

Be a cheerleader, not a self-critic.

2

Take time to nurture yourself.

3

Let go of perfectionism.

4

Set goals for your self-care.

5

View problems as possibilities for learning, change and growth.

'Diabetes was my WAKE-UP CALL. It has helped me get my priorities straight and adopt strategies that allow me to thrive'

Diabetes at Deakin University. 'But that doesn't mean they feel emotional distress all the time.

That distress is also less likely to be overwhelming if diabetes is not seen as a barrier to life goals and personal values. This mindset encourages active problem solving that helps build positive coping skills.'

It's at this point that many people discover unexpected benefits, which can include:

1 FEELING MORE RESILIENT

'After learning to manage the difficulties of diabetes, some

people feel stronger and more resilient,' says Browne. 'This gives them newfound confidence that they can manage any challenges life throws at them.'

This inner strength is bolstered by self-help strategies that include:

- Seeking counselling and reading self-help books.
- Acknowledging and addressing anxiety and depression triggers.
- Making lifestyle changes in relation to food, exercise, sleep and stress.

- Adopting mindfulness and meditation techniques.
- Reaching out to others and asking for help.

2 EXPANDING AND STRENGTHENING SOCIAL NETWORKS

When people are first diagnosed with diabetes, they often feel isolated, alone and unsure about what lies ahead for them. But when they start to reach out to others and look around for information, they often begin to tap into the diabetes community through: ➤

LIVING well

- Support groups at local community centres.
- Online forums.
- Friends of friends.
- Diabetes education programs.
- Their support team.

Diabetes may then become a catalyst for communicating, socialising and camaraderie.

‘The person with diabetes can find a strong point of connection with others who have been through the same difficulties and health issues,’ says Browne. ‘Through that community, new friendships and support networks emerge. Those relationships can lead to a lovely sense of belonging to a big, new family with a feeling of “we’re all in this together”.’

Meanwhile, during diagnosis or when diabetes complications arise, people in your intimate circle may rally to support you and show they care. ‘If you’re lucky enough to get that support, diabetes can lead to a deepening of relationships and give you a sense of how much you really are valued,’ says Browne.

3 SETTING UP NEW PRIORITIES

‘A diagnosis of diabetes or a close call with a health complication can give a person pause to re-identify what their priorities are in life,’ says Browne. ‘Sometimes this can lead to profound shifts as people change their lives to reflect what they value.’

Those newfound priorities often include:

- Spending more time with friends and family.
- Learning to put yourself first.
- Taking responsibility for your health.



- Realising what really matters in life.
- Changing to a job that more closely reflects personal values and passions.

Finding a new, stronger you

Four years on from his diagnosis, Harrisberg has definitely found his happy place.

‘Diabetes didn’t destroy my world, but it has made me see things in a different way,’ he

‘Through diabetes I’ve learnt to dance’

‘When I was diagnosed with type 2 in 2011, I wanted to get fit so I took up dance – something I’d wanted to try since I was young,’ says receptionist Yvonne Appleby, 52. ‘I was so shy when I attended that first class that I hid under my hoodie. But I was pleased to find I was actually good at dancing.’

Yvonne now enjoys 10 hours of dance classes every week and has become an ambassador for the Diabetes NSW Move For Diabetes campaign. ‘I enjoy everything from Latin, ballroom and burlesque to lambada and I also want to try pole dancing,’ she says. ‘Dance allows me to lose my worries and embrace life. It has helped me come out of my shell and find a new community of friends. My new confidence has led me to take up study to become an early childhood teacher.’

‘My work as a diabetes dance ambassador also led to the opportunity to dance with the incredible Robbie Kmetoni, winner of the third series of *So You Think You Can Dance*. It was an absolutely amazing day that I will never forget.’

says. ‘It led me to make positive changes to the way I eat, move and approach life. It has given me new direction, purpose, perspective and even a new career path. It has also taught me how to live in the moment every day and how to step up in the face of adversity.’

‘I can honestly say I am happier and healthier today than I was before my diagnosis. In some ways, diabetes really has been the best thing that ever happened to me.’ ■



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TYPE 1

I focus on GETTING RID OF guilt

Pharmacist *Kirrily Chambers, 33*, who lives with type 1, was recently named National Credentialed Diabetes Educator of the Year

Congratulations on your award. What made you want to become a diabetes educator?

I feel honoured to have won as I was up against people who have been working in the industry for a lot longer than me. I started my career as a pharmacist but found I was getting asked lots of questions about diabetes so

I did a graduate certificate in diabetes education. In 2009 I became the first credentialed diabetes educator and accredited pharmacist in Australia. [Kirrily lives near Adelaide.]

Tell us about the impact your diagnosis had on you.

I was 10 years old and on a family

holiday, which was the only time I was allowed soft drinks. Mum noticed I was really thirsty. I'd had about two litres of Coke and kept going to the toilet during the night. She also noticed I'd lost a lot of weight and so decided to take me to a doctor.

I was diagnosed with type 1 and my parents were told to

drive me straight to our local hospital. I remember crying the whole way home because the doctor said I'd never be able to have a soft drink, ice-cream or any lollies again.

Were your parents supportive?

Yes, in a strong and encouraging way. I injected my own insulin right from the start and they never gave me any other option. When I was 14, I decided I'd had enough and announced I wasn't going to do it anymore. Mum's response was to tell me to get into the car so she could drive me to hospital where someone else would do it.

I sat in the car for 20 minutes thinking how much I hated her. But in the end I backed down and accepted it. I never questioned injecting myself again. Taking that approach must have broken Mum's heart, but it worked.

Why did you revolt?

I've never had very stable type 1. I struggled every single day to get the HbA1c and blood glucose levels (BGLs) that were expected and I was never able to produce those results. No one tells you when you're diagnosed that this can happen, so I spent years feeling like a failure.

Is that something you cover as an educator?

Yes, because I see a lot of guilt being carried by people with type 1 and type 2. There is a huge misunderstanding that managing diabetes is easy: with type 1, just take your insulin and reduce your glucose and you'll be right, or with type 2, just change your lifestyle.

Clients tell me, 'I've been really bad this week', and I say, 'No, you've just been at the opposite



WINNING SMILE

Kirrily, proudly holding her Diabetes Educator of the Year certificate, says people with diabetes want respect.

end of good. There is no bad and there is no judgement here.'

I'm careful about the language I use. I try not to use the word 'test' because a test is something you either pass or fail. And I never use the word 'control'.

When I ask people if they're not monitoring because they're worried about the results, it's amazing how often they say yes. I tell them that at the end of the day, it's just a number, and the only thing that really matters is that they feel well again.

Diabetes is hard to live with. People don't want sympathy, but respect, compassion and empathy go a long way.

How is your own health?

I have severe hypoglycaemic unawareness, which means I'm not aware of symptoms when my blood sugar goes low, which can be dangerous, particularly when I'm asleep.

For the past three and a half years I've relied heavily on continuous glucose monitoring. I insert a sensor under my skin

to take constant readings.

It feeds information back to my insulin pump, which sets off an alarm if something is wrong, night or day.

The monitoring costs about \$6000 a year and it isn't covered by insurance. I work ridiculous hours to fund it but I don't have much choice because it keeps me alive.

Has this taken a toll on your body?

I have lost some vision. Over the past 10 years both of my retinas have haemorrhaged and I needed laser surgery. But I have an amazing healthcare team and my long-term prognosis is good. I'm very proactive about my diabetes. I get regular check-ups and act quickly if something isn't quite right.

Are you glad you switched careers?

Being a diabetes educator is very rewarding. Pharmacy is too, but you don't get the chance to provide the same continuity of care. However, the two roles are very compatible. Some days are harder than others, but I'm very passionate about it. That's part of why I feel so honoured to receive the award, because I really do love my job. ■

To find a credentialed diabetes educator near you, visit adea.com.au

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.



PREVENTING



Good glucose control is key to preventing many type 2 complications and risks, including mental decline

We know people with type 2 diabetes face a greater risk of heart disease and stroke, but emerging research also reveals a strong connection between diabetes and dementia.

A systematic review of 14 studies involving more than 2.3 million people – including 102,000 with dementia – found that people with type 2 diabetes had a 60 per cent greater risk of developing dementia than those without diabetes.

The analysis is even more alarming for women with type 2:

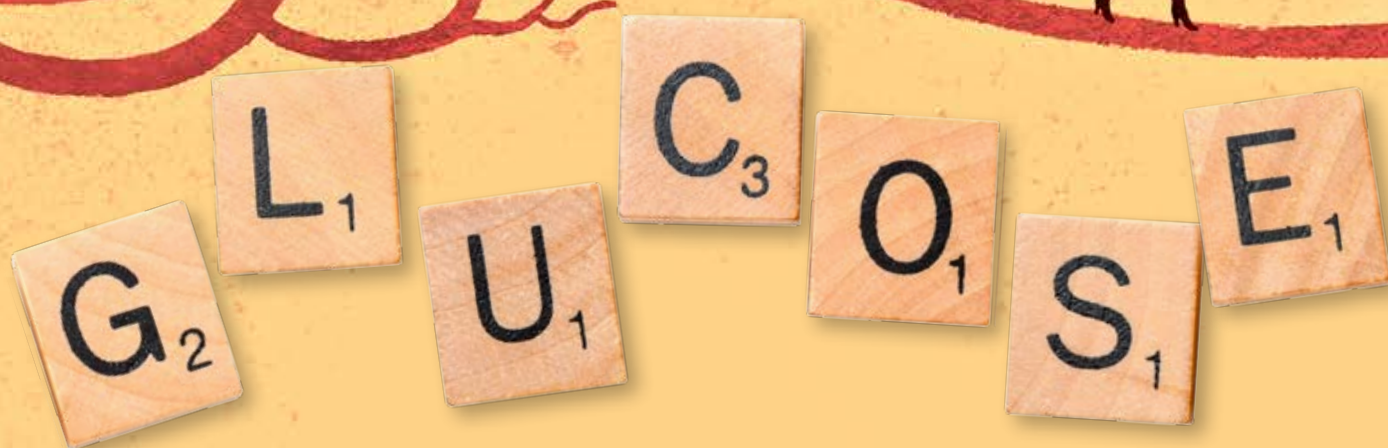
they have a 19 per cent greater risk than men of developing vascular dementia, which results from damage to blood vessels.

Researchers are still studying why women are at greater risk than men, but they do know that diabetes-associated dementia develops through a set of factors, including inflammation, insulin resistance, the regulation of blood glucose in the brain and vascular damage.

‘High levels of blood glucose can cause damage to blood vessels, whether the vessels

surround the heart or the brain,’ says lead study author Professor Rachel Huxley, head of the School of Public Health at Curtin University in Perth.

Uncontrolled diabetes may increase dementia risk because the brain requires intact blood flow to function well. More research is needed, but evidence suggests that diabetes may have a role in the development of amyloid plaque (a sticky build-up of proteins that accumulates outside neurons), which is associated with Alzheimer’s disease. Translation: having ➤



uncontrolled blood sugars can affect your heart – and brain.

A recent American study published in *JAMA Neurology* introduces another piece to the puzzle: the effect of insulin resistance on cognitive function. Research scientist Auriel Willette from the Department of Food Science and Nutrition at Iowa State University, along with his research team, analysed data from 150 late middle-age adults with a family history of Alzheimer's, but with no signs of cognitive impairment.

The study results showed even mild insulin resistance was associated with lower cerebral glucose metabolism, especially in areas of the brain related to memory and executive function, a skill set required for planning, organising and judgement calls.

'Certain brain areas tend to need more glucose to perform

high-demand tasks, such as the frontal lobe for mental activities like juggling your day and reasoning,' explains Willette. 'Higher insulin resistance may have a moderate but at times noticeable impact: things get forgotten, insights don't come and getting through the day is that much harder.'

Immediate impact

Willette's study shows that obesity and insulin resistance can have immediate negative effects on thinking and memory. A study published in *Neurology* illustrates just how quickly diabetes-associated cognitive deficits can happen.

The Harvard Medical School study evaluated 40 individuals – 19 with type 2 diabetes – using MRI scans, cognitive tests and blood tests to measure their inflammation and blood sugar control. The researchers, lead by Associate Professor Vera Novak, repeated the same evaluation two years later, and concluded the ability to regulate blood flow to the brain was diminished by 65 per cent over just two years among those with diabetes.

Even more interesting, the cognitive test scores of those

with diabetes (which were nine points lower on average to start with than the study participants without diabetes) fell by 12 per cent. The cognitive test scores of those without diabetes remained the same over the two-year period.

So what's going on here? It seems loss of blood glucose regulation is partly to blame. 'The brain is highly susceptible to fluctuations in blood glucose,' Novak says. 'And it's these fluctuations that may be even more harmful for the brain than consistently high glucose.'

This low-high fluctuation range can damage cells and nerves and also trigger inflammation, which leads to diminished flexibility in the brain's blood vessels. This, in turn, leads to diminished memory and difficulty with activities of daily living.

Prevention is powerful

Having diabetes or prediabetes doesn't mean you're guaranteed to develop dementia. However, the experts agree that prevention is key to avoiding diabetes-related cognitive impairment. That means monitoring blood glucose levels, managing your diabetes and maintaining healthy habits.

'There's increasing evidence that lifestyle and behaviour patterns long associated with reducing the risk of heart attack or stroke may also be beneficial for lowering the risk of dementia, including maintaining a healthy body weight, eating a diet rich in fruits and vegetables, not smoking and being active,' says Huxley.

Willette agrees. 'Moderate activity has potent, beneficial effects on brain regions responsible for memory and executive function,' he says. 'So brisk walking, gardening and other activities can help beat the negative cognitive effects of insulin resistance or obesity.'

Along with proper glycaemic control and weight management, Novak recommends dual-tasking, or activities that make use of both physical and mental faculties, such as dancing while having a conversation with your partner. 'People are getting diagnosed with type 2 at younger ages and will live for many years, so it's important to act now to preserve cognitive function,' she says.

Adopting a healthy lifestyle and positive behavioural practices do make a difference, both on the body and the mind. 'The old adage "a healthy body is a healthy mind" has more than a ring of truth to it,' Huxley concludes. ■

For more health stories visit
 diabeticliving.com.au

TRULY *madly* SWEETLY

Silly-season food is no laughing matter. In fact, it can be a serious problem. **Lucy Tumanow-West** offers some sociable solutions



My mum's reaction to my type 2 diagnosis two or so years ago was priceless: 'Drink lemon juice; that

will fix it.' She had no idea – still doesn't, despite my many attempts to explain it – how this very common health problem works, why it happens, how to manage it and what the consequences are if you don't. She just doesn't get it.

I'm 54 years old and she still bakes me a cake and offers me biscuits, chocolate or lollies every time I visit, which is several times a week. And she always reacts with a combination of annoyance, disbelief and total disregard every time I say no to her offers of sweet things.

It's as if she thinks there's some magical anti-diabetes force field that surrounds me when I enter her home. Or, more likely, because there are no finger pricks and injections, in her eyes I don't have the real thing.

The voice inside my head screams, wanting to be taken seriously, as my smiling mother continues, slowly and surely, with plate after plate of homemade cakes, killing me sweetly.

Just say no, I hear you say. I wish I could. I wish it were that simple. Like many of us who arrive at a type 2 diabetes diagnosis in our 40- or 50-somethings, the road that brought me here is paved with all kinds of psychological twists and turns, dependencies and detours.

I learnt in my childhood to use food for comfort – nobody's fault, my family was trying to do

its best with the hand we'd been dealt – and my adulthood has had me soothing the inevitable disappointments and ever-present stress with slices of buttered toast and honey and mouthfuls of lamingtons.

And it's not just my mum who feeds this obsessive need in me. I seem to attract friends who share her one-slice-won't-hurt mentality and extend

THANKS, *but* *no thanks...*

Need ammunition to fend off those well-meaning force-feeders among your family and friends this summer? Try these refusals that won't offend.



*I'm preparing myself for the **SMILING ASSASSINS**, armed with their platters of fetching fruit mince pies, trays of bubbly drinks and bowls of light-as-air mousse*

it to just one more glass of wine, just another spoonful of creamy mash, just a small serve of dessert. You know the scene. They lean in, pressing the glass or plate into your hand conspiratorially, encouraging you to believe that their little choux puffs filled with caramel and cream won't hurt a bit – and why don't you take another one while you're at it?

Facing another summer of barbecues, festivities and family get-togethers, I'm preparing myself for the smiling assassins, armed with their platters of fetching little fruit mince pies, trays of bubbly drinks and bowls full of light-as-air mousse or slabs of deadly rich fruit cake.

Although my preference would be for a distracting lighthearted food fight – let's see if I can flick this spoonful of well-meaning Auntie Beverley's trifle into Cousin Kylie's lap at the other end

of the table – good timing and forward planning are the more socially acceptable alternatives.

There are many tried-and-tested ways to handle the season. Here are some of them.

Come prepared

Take along a lovely, festive, type 2-friendly platter and a six-pack of chilled, fancy, plain mineral water, plus a few fresh limes. Stick to nibbling from your platter and squeeze a lime wedge into the neck of a mineral-water bottle for a refreshing drink with a sense of occasion. If your hands are already full it's easier to graciously refuse the offer of champagne and deep-fried camembert balls with an oozy cranberry sauce centre.

Likewise, if you're offering around a platter of food to others, you won't be able to eat it yourself. And at the table, it's easier to pass on pudding if your

bowl is already overflowing with juicy fresh berries.

Shift the focus

Leave the table before second and third helpings begin. See who's up for a game of table tennis or quoits, or a walk along the beach. And, if you advertise your services as a designated driver, you'll have the best excuse for passing on the champagne while maintaining your popularity.

Keep your cool

Rather than getting stressed by people who refuse to understand the all-important type 2 food rules this summer, I'm going to quit preaching and instead hit the socialising scene with survival on my mind, and distraction and evasion as my primary tactics. No more killing me sweetly – this silly season is about sneaky self-preservation so I can enjoy many more summers to come. ■

PHOTOGRAPHY NATALIE BOOG (LUCY'S PHOTO); GETTY IMAGES

The firm and direct approach

No thanks, it looks great and I'm sure it tastes amazing, but it doesn't fit with what I'm eating at the moment.

The rational approach

I'm sorry, that's just too many carbs for my health to handle.

The little white lie

Oh, wow, I'd love to but I've already had two serves of the pudding and I'm absolutely full!

The side-step

You know what? The fruit salad over there is really calling out to me, so can I get back to you on the cheesecake if I still have room?

One for the road

I'm stuffed. How about I wrap it up for later? (Then give it to someone else or 'accidentally' leave it in the fridge!)

The humorous approach

What? No way! Are you trying to kill me or something?

NIGHT AND DAY SKINCARE

Top-to-toe *healthy skin* requires the right care

Your skin is your body's largest organ and it needs to be nurtured and protected. This is particularly true for people with type 1 or type 2 diabetes who are more prone to rashes, ulcers and skin infections. Here's a summer skin-smart, day-and-night routine to keep your skin healthy, smooth and supple 24/7.

HEADING TO BED

No matter how tired you are, don't skip these bedtime beauty steps:

- **Remove dirt and make-up** with a gentle hypoallergenic cleanser and pat skin dry.
- **Moisturise face and body** 'If your skin is dry, use a rich skin cream,' says dermatologist Dr Eleni Yiasemides.
- **Check your feet** – nerve damage is common in people with diabetes due to narrowed blood vessels. 'Check feet daily for little cuts that you might not feel, which could become infected,' says Diabetes NSW diabetes educator Sue Leahy. 'If a wound doesn't heal, is deep or large, see your doctor.'



Cetaphil Suntivity Repair, \$11.50. This cooling lotion calms and repairs dry, chafed and damaged skin.



L'Oréal Age Perfect Cell Renewal Night, \$44.95. A rich cream to hydrate and nourish skin while you sleep.

Neutrogena Oil-Free Eye Make-up Remover, \$13. Whisk away eye make-up with extracts of aloe and cucumber.



Burt's Bees Natural Sensitive Night Cream, \$29.95. This fragrance-free cream moisturises sensitive skin without causing redness or irritation.



Jurlique Nutri-Define Rejuvenating Overnight Cream, \$130. A rich, deeply replenishing night treatment.



Jurlique Sun Specialist After Sun Replenishing Moisturising Lotion, \$45. A calming moisturiser for the face and body.

Plunkett's Vita E Intensive Vitamin E Ointment, \$14.95. Eases dryness, protects and restores skin with rosehip oil.

AFTER-SUN SKINCARE

Despite all your best efforts, sunburn can happen. If it does:

- Have a warm shower – cold showers raise your body temperature.
- Apply a topical steroid cream to reduce discomfort, or take anti-inflammatory tablets to help reduce inflammation.
- Apply cool gel packs to areas such as your shoulders – you can wrap the packs in a thin flannel if they feel too cold – and use a gentle moisturising lotion.
- Visit your GP if the sunburn is bad. ➤



Maine Beach Kangaroo Island Eucalyptus Hand and Body Crème, \$32.95. Delicately infused with eucalyptus oil, this cream softens and moisturises.



Natio Suncare Aloe & Cucumber After Sun Lotion, \$12.95. This silky-smooth lotion is absorbed quickly for lasting hydration.

DAYTIME



IN THE MORNING

Start the day feeling fresh with these top tips:

- **Instead of soap**, use a wash for sensitive skin.
- **'Avoid long, hot showers** which can be very drying,' says Yiasemides.
- **Pat yourself dry** and avoid rubbing, which can inflame sensitive areas. 'Check for rashes, particularly under the arms and breasts and between your legs and toes,' says Leahy.
- **Shave carefully** with a safety razor to avoid cuts. Use a depilatory cream for your legs.
- **Moisturise** with Sorbolene cream with glycerine. 'It's a good option for people with diabetes because the glycerine gives it more staying power,' says Yiasemides. 'Or choose a hypoallergenic lotion, so it's free of perfumes, preservatives and additives that often cause reactions in sensitive skin types.'

Aveeno Skin Relief Body Wash, \$12.95. Soap free, dye free and hypoallergenic, this creamy body wash leaves skin soft.

Neat 3B Body Saver Cream, \$15.95. Developed by doctors, this helps prevent rashes and chafing.



Olay Total Effects 7 In One Day Cream, \$32.99. Lightweight and non-greasy texture. Improves dryness.



Ego QV Intensive Body Moisturiser, \$8.15. This lotion is great for extremely dry, sensitive and itchy skin and is free of preservatives and perfume.



Palmer's Cocoa Butter Moisturizing Lotion With Sunscreen, \$9.39. Made with cocoa butter to deeply moisturise, this non-greasy lotion protects your skin.

Clarins Multi-Active Jour, \$62. This lotion with SPF 15 is light to wear under make-up and helps keep skin smooth, supple and feeling fresh all day long.



HEADING OUTDOORS

Don't step out into the sun without:

- **Sunscreen** Use one with an SPF50+ rating and remember your ears, neck and lips. 'Most foundations only have an SPF of around 15,' says Yiasemides. 'So even though you are wearing make-up, you still need to apply sunscreen to your face.'
- **Water** It's really important to hydrate skin to keep it nourished from the inside so drink plenty of water. ■



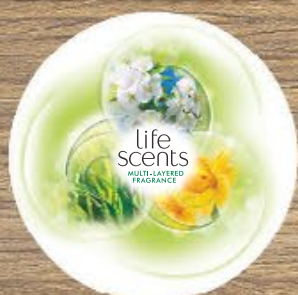
Neat 3B Face Saver Gel, \$15.95. Apply this lightweight gel to the forehead, upper lip and back of the neck to prevent perspiration.



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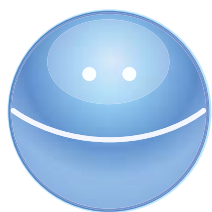
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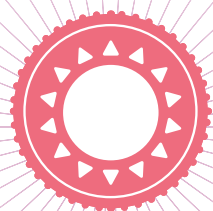


PLEASE FOLLOW PACKAGE USAGE INSTRUCTIONS



Feel BETTER IN

When it comes to your health, be ahead of the game – your body will ***thank you!***



Hello sunshine

Are you getting enough Vitamin D?

Every summer we're reminded of the benefits of vitamin D – and for very good reason. DL endocrinologist Dr Sultan Linjawi says, 'Low vitamin D levels seem to have an important role in the likelihood of developing cancer, Alzheimer's and diabetes.'

The sun triggers your body to make vitamin D, which is good for your bones, heart and immune system.

Sunscreen blocks UV rays, so you need a little sun exposure without sunscreen every day. To ensure your short sunbath is a safe one, follow these steps:

Adjust to your conditions

The amount of sunlight you need to make vitamin D depends on a range of factors such as the UV index, level of clouds in the sky, the state you live in and your skin type, says the Cancer Council of Australia.

Time it Enjoy your sun exposure outside peak UV times – before 11am and after 2pm during daylight saving.

Aim for a few minutes sun exposure 'This should be

felt on your arms and legs but keep your face covered as this is the area where most skin cancers occur,' says dermatologist Dr Eleni Yiasemides.

Check the UV If it's above 3, wait until it drops lower to get some sun exposure or you will risk sunburn.





Grill seekers

Everyone loves a barbecue when the weather warms up. Make yours a healthier grilling with *DL* dietitian Dr Kate Marsh's tasty swaps

1 Swap sausages for homemade rissoles made with lean mince, and switch regular steaks for marinated chicken breasts or salmon steaks.

2 Tempt everybody's taste buds, from meat lovers to vegetarians, with kebabs made from lean meat, chicken or seafood, tofu and vegetables.

3 Marinate meat well before cooking on the barbecue and avoid overcooking – if the edges are charred, cut them off before serving.

4 Bought marinades are often high in salt and sugar and contain added flavours and preservatives. Make your own with olive oil, herbs, spices, lemon or lime juice – play with the flavours!

5 Don't make it all about the meat. Grill sliced capsicum, sweet potato, zucchini and eggplant and have a big leafy salad on the table dressed with olive oil, vinegar and lemon juice.

**Make your own
MARINADE with
olive oil, herbs, spices
and lemon juice**



Sleep tight

A new sleepwear range promises a better night's sleep

Do you suffer from night sweats? A new collection of PJs may just help you keep your cool. Designed for people with diabetes, Cool-jams are not only quick drying and temperature regulating, they're also antibacterial so they stay fresh and odour-free all night.

Made from groundbreaking micro-fibre technology, Cool-jams were originally developed in the US, but are now available in Australia thanks to diabetic nurse Mary-Louise Ryan from Queensland (pictured left).

'After more than a decade caring for patients with diabetes and cancer, I noticed night sweats were a common and uncomfortable side effect of these conditions,' says Ryan.

Sleepless nights can affect more than just your mood and energy. They're responsible for chronic stress on the body, which can result in higher blood glucose levels. Moisture wicking Cool-jams come in a range of styles for men and women. Prices start from \$49. Visit cool-jams.com.au to view the full range and find out more. ➤





4 Move on up

If you haven't exercised in a while, now is the time to fire up your energy levels and get moving again

'Regular exercise can lower your blood glucose levels (BGLs) and insulin resistance, increase muscle and bone strength, improve flexibility and boost your mood,' says *DL* exercise physiologist Christine Armarego. There's no need for a major fitness makeover – just 30 minutes of moderate exercise a day, at least five days a week, is enough to feel the benefits. Before you get started, make sure you...

Type 1 checklist

- Ask your doctor to help you choose a workout that's best – and safe – for you.
- Know that your BGLs are between 6mmol/L and 14mmol/L before you begin and check them during and after exercise and more often if you're exercising longer and harder than usual.
- Pack a water bottle to head off hypos and remember to take a few jellybeans with you, just in case.

Type 2 checklist

- See your doctor or podiatrist before starting a new exercise plan to make sure your feet are good to go.
- Stop any activity that causes pain or discomfort (but not effort – effort is fine!). Take note of any symptoms and discuss them with your healthcare team.



Dip in!



5 Can a drink prevent type 2?

Experts weigh in on what a pre-meal drink could mean for your diabetes

Australian researchers say that a new pre-meal drink called GlucoControl can improve the lives of people with pre-diabetes and type 2 diabetes. Research from the Baker IDI and University of Adelaide has suggested that drinking GlucoControl before meals reduces the glycaemic index (GI) of a high-GI meal by 33 to 38 per cent. The Glycemic Index ranks carbohydrates found in food on the effect they have on your blood glucose levels. The lower the GI, the slower the rise in your blood glucose levels.

Peter Clifton, endocrinologist and Professor of Nutrition at the University of South Australia says, 'This drink will prove especially important in preventing and delaying the progression of type 2 diabetes for those with pre-diabetes or well-controlled diabetes, and offers a much simpler and effective way to lower GI when compared with strict diets.'

For more information about GlucoControl, and to find out whether it's right for your diabetes, speak with your diabetes educator or GP. ■

BREAKFAST

- 52 French toast with banana, walnuts and honey ●
- 52 Melon bowl fruit salad ●●
- 53 Mexican-style scrambled eggs ●
- 53 Peach, lychee and coconut bircher muesli ●

SNACKS

- 77 Avocado dip with veg sticks ●
- 62 Beetroot and parmesan garlic toast ●
- 63 Blue cheese, rocket, prosciutto and pear garlic toast
- 62 Chargrilled eggplant and avocado garlic toast ●
- 77 Choc-nut dipped banana bites ●
- 50 Chocolate, raspberry and walnut brownies ●●
- 77 Fresh pizza bites ●
- 62 Garlic toast ●
- 51 Lemon, blueberry and ricotta loaf ●●
- 63 Prawn cocktail garlic toast
- 51 Strawberry and chia coconut puddings ●●
- 63 Tomato, basil and bocconcini garlic toast ●

LIGHT MEALS

- 58 Avocado and tuna sushi sandwiches ●
- 70 Pesto veg skewers ●●●
- 68 Seafood salad ●

- 61 Tuna, avocado, cos, radish and bean salad ●

MAINS

- 34 Asparagus, walnut and rocket pasta ●●
- 42 Caramelised onion and beef burger ●
- 43 Chicken satay with noodle salad ●
- 60 Corn, tuna and pumpkin frittatas ●●●
- 60 Leek, mushroom and thyme fish cakes ●
- 68 Marinated barbecued lamb ●●
- 34 Middle Eastern savoury mince ●●
- 35 Pork and apple slaw sliders ●
- 35 Roasted vegetable, chicken and bocconcini salad ●
- 34 Roasted vegetable, salmon and spinach omelette ●
- 36 Salami, basil and bocconcini pizza
- 42 Teriyaki and ginger salmon ●
- 36 Thyme and garlic pork cutlets ●●
- 58 Tuna pasta bake ●
- 43 Zucchini, corn and dill fritters ●●●

ACCOMPANIMENTS

- 72 Choc hazelnut spread ●●

DESSERTS

- 24 Choc-chip banana cookie ice-cream sandwiches ●
- 22 Choc-malt pops ●
- 23 Creamy coconut quinoa with blueberries ●
- 24 Lemonade and fruit iceblocks ●●●
- 24 Mango and passionfruit sherbet ●●●
- 22 Mango, cardamom and yoghurt fool ●
- 70 Quick and easy pav
- 76 Sixty-second dessert ●
- 50 Summer berry puddings ●●
- 22 Summer fruits poached in pink champagne ●●
- 50 Triple berry jellies ●

DRINK

- 70 Strawberry limeade ●●

RECIPES from *The 8-week Blood Sugar Diet Recipe Book*

- 91 Chilli squid with lentils ●●
- 93 Salmon with lemon and dill nut crust on roasted veg ●●
- 92 Spicy stuffed red capsicum ●
- 92 Watercress, orange and sardine salad ●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

ADVERTISING PROMOTION



FULL FLAVOUR DROPS

A new range of Equal liquid sweeteners is now available at Woolworths. With drip-free, no-fuss bottles, these on-the-go liquids give your coffee, tea, milkshakes or smoothies the perfect sweet hit. The two flavours – Simply Sweet and Very Vanilla – provide great value with 192 serves per bottle without the calories. Find out more at equalchoice.com.au



FREEDOM IN A BAG

MedActiv EasyBag Single and EasyBag Classic provide freedom to travel with temperature-sensitive medications. Discreet and reusable, EasyBag products keep your insulin cool. Just soak the inner in fresh water and the bag will maintain insulin between 16°C and 25°C degrees for up to five days. Visit medactiv.com.au for more info.

MARKET PLACE

Check out these products. They may make managing diabetes easier



GET CRACKING

New findings from the CSIRO Healthy Diet Score 2016 report show that egg consumption is associated with a better quality diet. The online health survey found that Aussies eat up to 5.7 eggs a week – almost an egg a day per person. Experts say eggs are okay to eat everyday, so when you need a protein- and nutrient-rich meal, you can't beat the humble egg. Visit eggs.org.au for more information.



LOVE ME TENDER

Want healthy, delicious, diabetes-friendly food delivered to your door? Yes please! Meals created by Tender Loving Cuisine are heart-friendly, gluten-free and approved by Diabetes NSW. Home delivery is free and special discounts are available for first-time buyers and Seniors Card holders. Call 1800 801 200 for more information or order online at tlc.org.au.



LIVE WELL WITH DIABETES

Sanofi is running a special care program developed to help and support people living with diabetes and pre-diabetes.

Expert online information is updated every week, plus there's health checks and in-store planning to make finding everything you need easier. The Diabetes

Care Program is available in Sanofi pharmacies and at diabetes-care.com.au.



STRIDES AHEAD

A leading global brand in textile innovation, Reflexa Socks, helps people with specific health-related challenges, such as those living with diabetes. Reflexa Socks are made using an advanced microcirculation textile called Quattroxy that is proven to improve circulation and help nourish cells and regenerate tissue. Visit reflexa-socks.com.au for more info and to view the range.



SUGAR-FREE SUMMER

Sweeten your favourite iced teas and sparkling water this summer with the new range of Liquid Stevia flavours from Nirvana Organics. With exciting flavours to choose from, a few drops will add a delicious taste with less than 1 calorie per serve and no nasty additives. Available from good health food retailers or online at nirvanahealthproducts.com.



CHOCOLATE HEAVEN

Want chocolate without the nasties? Little Zebra Chocolates are sugar free, lactose free, gluten free, soy and GMO free and some styles are also vegan. Handcrafted using xylitol – a natural sweetener that doesn't spike blood glucose levels and has fewer calories than sugar – Little Zebra Chocolates will please even the fussiest guests. See all the flavours at littlezebrachocolates.com.au or call (02) 8411 1423 for details.

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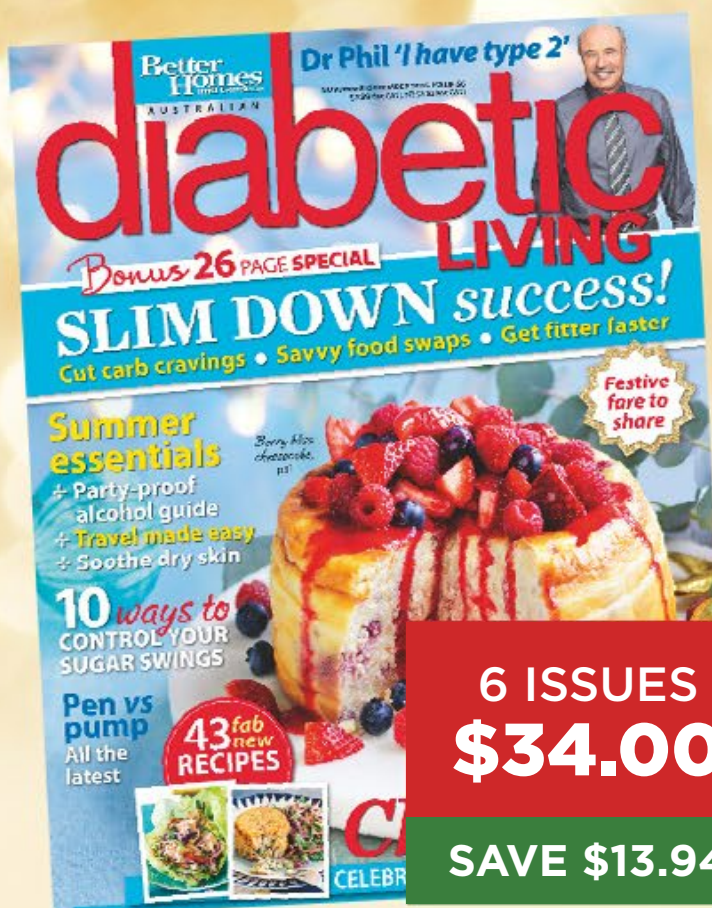
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Postcards from the SHED



TV chippie **Rob Palmer** recalls how living with type 1 affected his back-to-school days



I visited a primary school recently where there were three kids with type 1 diabetes. I had been asked to the school to participate in a fun run aimed not just at raising funds for JDRF (jdrf.org.au) and type 1 research, but also raising

awareness of type 1 within the school. The event is a great idea and a great way to add a little edge of cool to a condition that can so often feel so uncool.

My school visit took me back to the days of my childhood and I found it to be a positive contrast to how I remember the understanding of diabetes was back then. Managing diabetes when I was at school was very reactive. There was little in the way of monitoring until the inevitable hypo would wake us all up pretty quick.

We had a cupboard in my classroom known as 'Robbie's cupboard' where we kept a jar of honey, a spoon and some jellybeans. Unfortunately for me, by the time my hypos were detected, the ability to chew or even be coherent had already left me and the only solution that remained was for my teachers and friends to force-feed me spoonfuls of honey.

Instead of managing blood glucose levels (BGLs) I focused on school activities and relied on good guesswork to guide me through. Living in the moment is pretty important but maybe not so good when you forget all about your silent partner – type 1 diabetes.

What I wouldn't have given back then for a crew of mates who could spot early symptoms and avoid the sideshow of a nine-year-old boy slumped over a

desk or fitting in the playground. Mates were always there to help but often just a bit too late.

These days, we have a whole new pool of technology and knowledge available to us that makes those first weeks back at school after the holidays far easier to deal with. Advanced BGL testing systems and 'clever insulin' means that complications can usually be avoided.

My top tip for today's kids with type 1 is not to expect too much consistency in the beginning but be proactive in a little extra management until you have the wheels turning smoothly in the right direction. After all, a day at school with regular meal breaks and consistent scheduling is very

different to holiday-time chaos and frequent fridge raids.

If you start each day with a low-GI breakfast and take some extra time to watch your BGLs trend, especially during the hours before lunch, you may find that you spot any hiccups before they arrive.

I know from experience that keeping an eye on BGLs is very low on your priority list when you're a kid getting back into tackling the order of supremacy on the handball courts. But a quick chat between parent and principal and a couple of relevant teachers helps a lot.

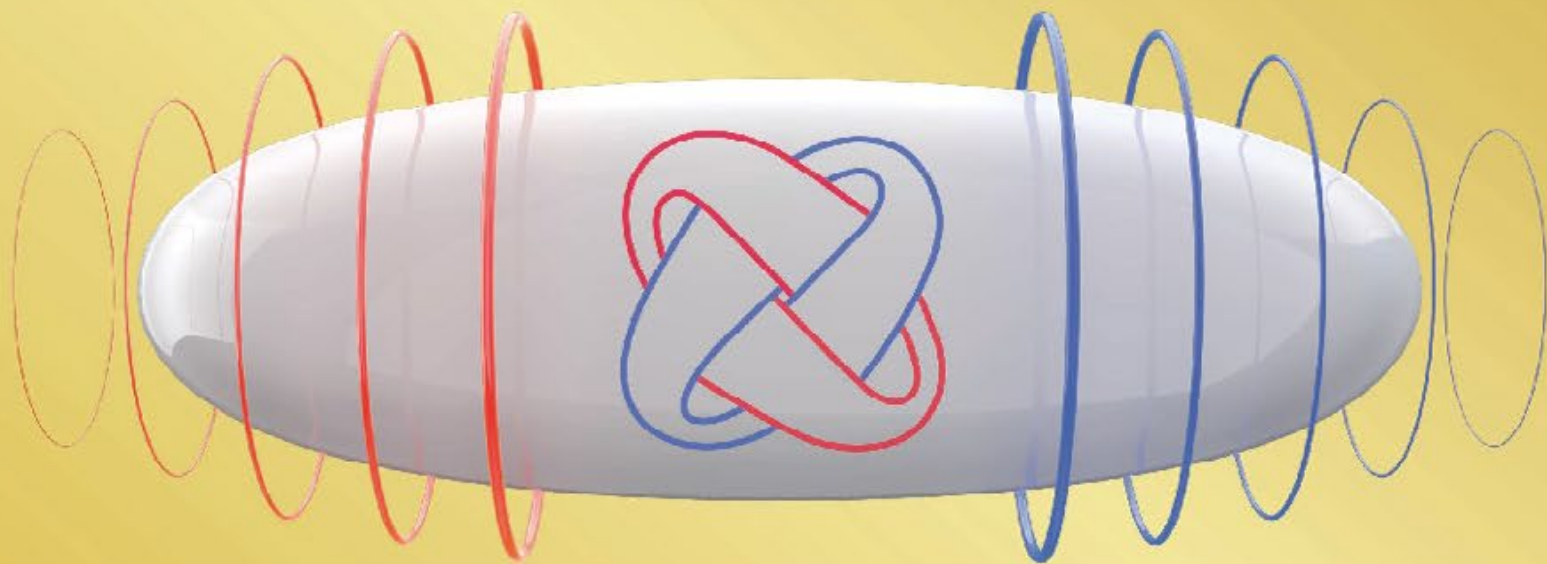
It's also good if, in a light-hearted way, other kids can be encouraged to keep their eyes peeled. Friends are just that and I reckon they feel a sense of self-worth when they know that they can play a part in their mate's victory over his battle with diabetes.

If you combine that with a school full of kids who know something of what living with diabetes can be like thanks to group education and a fun run (huge bonus!), then I reckon you're well on your way to a smooth transition into an exciting new school year. ■

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MATES** *were
always there
to help*

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